

MAINstreet

MAGAZINE



The
Food
& Drink
issue

HILLSDALE FINE WINE & SPIRITS

*Offering a wide variety of wines and spirits from
around the globe in varying sizes*

A full wall of sparkling wines and champagne

Many local wines and spirits

Miscellaneous chilled whites, roses and bubbly

*Our everyday 3/\$20 sale section where you can
mix & match 3 wines for \$20*

Tons of Rose – Rose all Day!

Tastings every Friday evening in July starting after 3pm

Check out our Facebook page for specials and updates

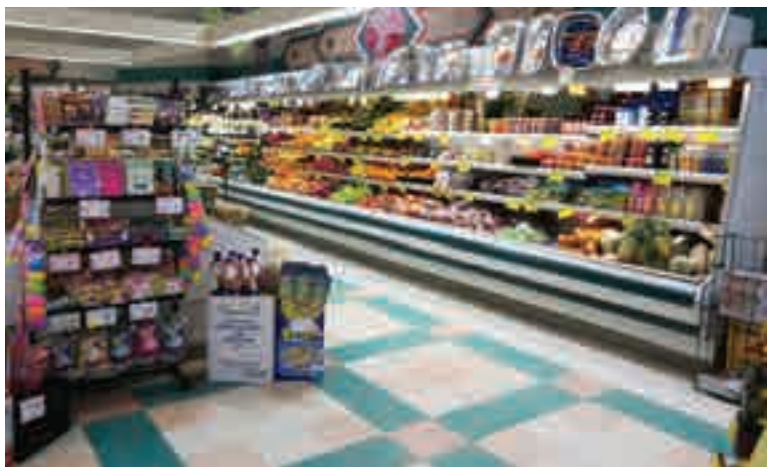
Hours: Sunday 12 to 5pm • Monday 12 to 6
Tuesday through Thursday 10 to 6pm • Friday and Saturday 10-7pm

518.325.4010

Located at 8 Anthony Street in Hillsdale, NY, behind the IGA Supermarket



For ALL your summer BBQ needs



- USDA 'Prime' Certified Black Angus Beef
- "New" Chairmans Reserve Prime Boneless Pork
- Bell & Evans All Natural Chicken
- Farm Fresh Produce
- In-store bakery with daily baked Breads, Rolls & Pies
- Local Dairy Products including Ronnybrook & Hudson Valley Fresh
- Full Deli Department featuring Store Baked Roast Beef, Ham & Turkey plus a full line of Boars Head Products
- Many local items – Honey, Maple Syrup, Granola, Peanut Butter & Candy



2628 Route 23, Hillsdale, NY • 518-325-4341

Monday – Thursday 8am – 7pm
Friday & Saturday 7am – 8pm • Sunday 8am – 6pm

Dutchess County, Columbia County and beyond, we're here to insure your world.

The Brad Peck Agency in Copake has long-standing ties to its community. It is one of the oldest hands-on agencies and in all of its years of operation it has provided a personalized approach to writing property, casualty, commercial, home, auto and above all, life insurance. The agency provides superior service regardless of where their customers lay their hats, the agency is registered in New York, Connecticut, Massachusetts, New Jersey, New Mexico and Florida. They are ready today, as they have always been, to insure your world.



Brad Peck, Inc.

Brad Peck Inc.
1676 Route 7A
Copake, N.Y. 12516
P. 518.329.3131

The Lofgren Agency
6 Church Street
Chatham, N.Y. 12037
P. 518.392.9311

Hermon T. Huntley Agency Inc.
Tilden Place
New Lebanon, N.Y. 12125
P. 518.794.8982

Auto • Home • Farm • Business & Commercial • Life, Health & Long Term Care



The Only Home Service Company Your House Will Ever Need!

**Taylor Oil is proud to
announce their 90 year
Anniversary in business!
Thank you!!!!**



Call us today to speak with one of our Energy Experts!

800.553.2234

www.gmtayloroil.com
info@gmtayloroil.com



LET'S EAT AND DRINK!

We find ourselves yet again at the height of growing season. It is for that reason that we dedicate an entire issue to all of the wonderful foods and drinks that make us so very happy. This then was our first ever, and this very issue marks our fifth "Food & Drink" issue! Wow – how did that happen? I guess time flies when you're having fun, and eating and drinking great food.

In the last five years, we've brought you quite the array of stories that relate to this theme, but it seems to be a never-ending subject. There is so much to discuss when it comes to food and drink, whether it has to do with our favorite haunts, our favorite dishes, the folks who make our food, the farmers who grow it, recipes, changing perspectives on how we view food, and so much more. It is also something that everyone can relate to. Perhaps that is the reason why this issue also seems to be one of our most popular – and for that we thank you for your readership!

As with all of our previous "Food & Drink" issues, we've got quite the line-up of stories coming to you this time. We start with the artistry of the sushi chef at The Woodland's in Lakeville, CT. We then have a few "down to earth" stories and bring it back to the land, whether it be the issue of your lawn vs. a meadow, the local CSA, growing your own food in your backyard garden, or a new documentary about the very folks who create some of our food on a much larger scale.

CB brings us a tale of a new restaurant that's named after a dog – you read that correctly, a dog – but it sounds like quite the place. Allison tells us about her favorite local Mexican restaurants, while I give you a few of my favorite spots and dishes. Christine's entrepreneur feature is an interview with the folks at Walbridge Farm, telling us all about their operation and ethos.

We round it out with some beverage-related stories, such as Dominique's interview with the husband-and-wife team at Taconic Distillery in Stanfordville, NY. John also tells us all about the Dutchess County Historic Tavern Trail, which brings a bit of history with those lively libations.

So no matter your poison, food or drink, sweet or salty, homegrown or commercial, we've got just about everything! So folks, enjoy this beautiful summer, all of the bountiful harvest, and the fresh-fresh foods and drinks available. And let's consider how lucky we are to live in such a wonderful and beautiful place that keeps us well fed.

– Thorunn Kristjansdottir



JULY 2017

Sweet innocence of summer and the symbolic and sweet s'more!

Cover photo by
Olivia Valentine Markonic

CONTENTS

- | | |
|--|--|
| 6 THE ARTIST WITH A KNIFE artist profile | 37 DUTCHESS COUNTY'S HISTORIC TAVERN TRAIL |
| 9 FRIENDLY FACES | 41 LAWN GONE: nourishing our ecosystem with meadows |
| 11 GIVING BACK TO THE PLANET business profile | 47 MY FAVORITE TREATS |
| 15 HEALTHY LIVING | 49 MEXICAN FOOD an gastronomique evolution |
| 17 AFFORDABLE, FEISTY, LIVABLE MILLERTON the real estate market in the village of millerton, ny | 53 SISTERS HILL FARM and the local world of csas |
| 23 SPIRITS TO RAISE YOUR SPIRITS | 57 BUSINESS SNAPSHOTS cascade mountain winery & restaurant paley's farm market llc. the millerton inn rhinebeck kitchen & bath |
| 27 RANCHER, FARMER, FISHERMAN. challenges powerful myths about american and environmental values | 58 MONTHLY ADVICE COLUMNS |
| 29 GROWING MY OWN FOOD | |
| 33 THE RESTAURANT AT THE END OF OUR WORLD | |

PUBLISHER, EDITOR, ADVERTISING, WRITING, PHOTOGRAPHY, & OTHER DUTIES

Thorunn Kristjansdottir Publisher, Editor-in-Chief, Designer. **Pom Shillingford** Assistant proof-reader. **Ashley Kristjansson** and **Olivia Markonic** Directors of Advertising.

Contributing Writers: **Allison Marchese** | **CB Wismar** | **Carol Ascher** | **Christine Bates** | **Claire Copley** | **Dominique De Vito** | **Ian Strever** | **John Torsiello** | **KK Kozik** | **Mary B. O'Neill** | **Paige Darrah** | **Sarah Ellen Rindsberg**. Contributing Photographers: **Lazlo Gyorsok** & **Olivia Markonic**

ADVERTISING

Ashley Kristjansson. Call 518 592 1135 or email info@mainstreetmag.com

CONTACT

Office 52 Main Street, Millerton, NY 12546 • **Mailing address** PO Box 165, Ancramdale, NY 12503
Phone 518 592 1135 • **Email** info@mainstreetmag.com • **Website** www.mainstreetmag.com

PRINT, LEGAL, ACCOUNTING, & INSURANCE

Printed by **Snyder Printer, Inc.** • Legally represented by **Davis & Trotta Law Offices**
Accounting services by **Pattison, Koskey, Howe & Bucci CPAS** • Insured by **Brad Peck, Inc.**

Main Street Magazine is a monthly publication, coming out on or around the 1st of the month. It is published by Main Street Magazine, LLC. Main Street Magazine is not responsible for advertising errors whereas all ads receive final approval by the advertiser. Advertisers are legally responsible for the content and claims that are made in their ads. Main Street Magazine reserves the right to refuse advertising for any reason. The entire contents of Main Street Magazine are copyrighted and may not be reproduced without permission. All rights reserved.

PAULA REDMOND

REAL ESTATE INCORPORATED

• • •

MILAN

\$819,000



Milan Meets Milano

MILLBROOK

\$895,000



Architectural Gem

NORTH EAST

\$1,575,000



Private Country Estate

PLEASANT VALLEY

\$529,000



1800's Country Charmer

MILLBROOK

\$759,000



Distinctive Unique Retreat

STANFORD

\$525,000



Stylish Modern Home



Millbrook 845.677.0505 • Rhinebeck 845.876.6676

paularedmond.com



HAMMERTOWN

GREAT BARRINGTON • PINE PLAINS • RHINEBECK 15 BRIDGE STREET
DOWNTOWN GREAT BARRINGTON



hammertown.com

A LIFESTYLE MARKETPLACE



THE ARTIST...
with a knife
SUSHI CHEF LEON LI

By CB Wismar
arts@mainstreetmag.com

Some artists use elegant sable brushes to apply their paints. Some artists use high carbon chisels to carefully form stone into sculpture. “Leon” Li uses a razor-sharp, forged two steel, single ground “yanagi-ba” knife to deftly cut fresh tuna and yellowtail in creating the elegant sushi at The Woodland in Lakeville, CT.

Without question, creating sushi and sashimi is an art. It is only when the chef has invested the time and keen focus to learn from a master chef exactly how to judge the fish before them – smell, color, and firmness are just part of that process – that the next step, the skills, can be added.

Like being an apprentice in any art form – wood working, ceramics, painting, sculpture – the road to becoming a true sushi chef requires patience, dedication, and imagination. The proof of sushi artistry, of course, is set before the customer, chop sticks at the ready, to be savored and enjoyed. Consumable art.

“Leon,” as he calls himself out of

deference to his American customers, began his training at no less an iconic restaurant as Shabu-Shabu in Manhattan. It was there that he watched and learned from the Japanese Master who was resident at the restaurant, and began to use the elegant long yanagi-ba knives that slice with surgical precision.

Watch. Do. Taste. Create.

“I learned the steps. First was watching,” Leon recalls with a knowing smile. “Then came doing ... being able to copy the master’s strokes and placement.”

It was not until he was on his own, however, that Leon ventured into the area that is the great differentiator for sushi chefs. “Creating,” It is as much a statement as a challenge that Leon has met with grace and the skill that builds a loyal following.

“You need to understand the ways ... the technique. You need to understand the tastes and how they work together. Only then can you bring your art to what you do.” Set up in a corner of the compact kitchen that has served fine meals to The Woodland clientele for years, Leon works with graceful speed that shows little stress as his creations appear before him.

“It is only when you have mastered sushi creating that you are ready for *Omakase*,” Leon utters the word with great reverence. Chef’s *Omakase* is the tribute paid by a diner to the chef. It means “do whatever you like,” and gives the chef complete license to create using tastes, textures, colors, shapes, and the interplay of all three. For Leon, when a repeat diner requests Chef’s *Omakase*, it is both a challenge and a great compliment.

Most artists have masters whose work inspires and motivates their own. Sculptors celebrate Rodin, Calder, and Brancusi. Painters revel in the works of Van Gogh, Picasso, and Rothko.

For Leon, inspiration comes from Chef Jiro Ono, the legendary sushi chef whose ten-seat sushi restaurant in Tokyo has been awarded the coveted Michelin Three Star designation. It was at Jiro’s restaurant that Japanese Prime Minister Shinzo Abe hosted President Barack Obama in 2014. The result? President Obama dubbed the meal the best sushi he had ever had. This coming from a man who grew up



Above, top to bottom: One of Chef Li’s beautiful creations. Photo by Olivia Valentine Markonic. Chef Leon Li.

in Hawaii and dined frequently on sushi.

To watch Leon exhibit his “*Omakase*” is to be caught up in the choreography that moves from the all important sushi rice cooker to the tempura fryer to the cold chest filled with beautifully cut fresh ginger, chives, mango, avocado, all of which are brought together on the narrow counter that serves as his easel. Set in front of his work area is the cold cabinet displaying the fresh fish available to him.

Knives made for artistry

Leon’s use of his knives – the “*deba bocho*” he uses to filet fish and remove the bones, the “*gyuto*” for larger cutting, and the “*yanagi-ba*” used for the delicate cutting of sashimi and sushi components – create a visual blur that magically reveal perfectly sectioned avocado, mango, tuna, shrimp, yellowtail, and the rest of the palette of fresh food available to the artist. Each knife costs upwards of \$700 and the chef treats them with immense care and respect.

The chef’s *Omakase*

For this day’s *Omakase*, Leon begins by carefully slicing a shelled, deveined shrimp, placing it in flour and readying his tempura batter. While the fryer rises to temperature, Leon removes a beautiful piece of tuna and deftly slices pieces. One stroke. The knife drawn toward the chef. The pieces of tuna smooth on both sides.

Fryer ready, Leon pours in a measure of tempura batter, letting it quickly cook up to small, golden

nuggets. The shrimp is bathed in the batter and set in the hot oil. With a flat, perforated ladle, the batter is added to the shrimp until, golden brown, it is removed and placed on a bed of the special sushi rice that is at the base of this meal.

Tightly rolled in a soy sheet, the rice and tuna with delicate slices of avocado are cut into sections and carefully placed on the plate.

Next is a portion of the tuna, diced with mango and combined with a fresh mango “sauce” made of blended mango, orange juice, honey, and a touch of vinegar. Artfully placed on top of the inverted pieces of the shrimp roll, one half of this creation is set.

The remaining tuna sashimi is carefully positioned on the plate and the display punctuated with a dollop of wasabi, a carved lemon and a sprig of fresh ginger.

Apparently, however, we’re not done. In a flurry, Leon breaks free of the kitchen and steps into the rear garden, where he carefully cuts some lily fronds and places them in a small glass vase.

Vase set amid the various creations, there are two accents that are needed to make this truly Leon’s *Omakase*. Reaching into the cold case, he removes two delicately

carved radishes that he has carved into birds. Set into the piece and topped off with a flower, Chef Leon’s *Omakase* is complete (see image here to the right).

A life dedicated to art

Not only is Leon Li’s dedication to his art well presented by each order of sushi and sashimi that is carried from The Woodland’s kitchen and placed in front of an expectant customer, his travel schedule is, as well. Leon’s family, his wife and three children, live in New York. From Tuesday through Saturday, Leon stays in Sharon and displays his estimable talent at the restaurant. Weekends, he is home with his family.

Asked whether any of his children might follow in their father’s footsteps and become a chef, Leon smiles gently, knowingly. “My daughter, she’s eight years old, she’s already starting to make sushi.”

And the tradition continues. Watch. Do. Taste. Create. ●

To reach Chef Leon Li, visit him online at thewoodlandrestaurant.com or call the restaurant directly at (860) 435-0578.

Are you an artist and interested in being featured in Main Street Magazine? Send a brief bio, artist’s statement, and a link to your work to arts@mainstreetmag.com.



Above, top: Another one of Chef Li’s beautiful creations. Photo by Olivia Valentine Markonic. Above: Chef Li’s *Omakase*. Left, from L-R: Chef Li’s four knives, the *deba bocho*, a *yanagi-ba*, the *gyuto*, another *yanagi-ba*.





SANGRIA FESTIVAL!

Saturday, August 12 • 11 am – 6 pm



Hudson-Chatham Winery
1900 NY-66, Ghent, NY 12075
info@hudsonchathamwinery.com
Hudsonchathamwinery.com
(518) 392-WINE (9463)

SHELDON MASONRY & CONCRETE LLC

"All phases of masonry construction"



Lakeville, Salisbury,
Millerton & beyond

Stonework | Brickwork | Blockwork
Poured concrete foundations & slabs
Insured | Free estimates

Matt Sheldon | 860.387.9417 | sheldonmasonry.com
sheldonmasonryconcretellc@gmail.com



5916 North Elm Avenue, Millerton, NY
518-592-1700
518-592-1701

COZZY'S SUMMER SPECIALS:

We have a great selection of:
burritos, burgers, quesadillas, salads, wraps, as well as pizzas!

Dine in or take out!
Check out our outdoor seating area!

**TUES., WED., & THURS
PICK-UP ONLY!**

Large pizza \$10.00
Medium pizza \$8.00
Personal pizza \$5.00
Toppings extra
Taxes not included
Catering available



HOURS:

Tues-Fri: 11am-9pm
Sat: 12pm-9pm
Sun: 12pm-8pm

Tax not included in price. Toppings extra. Cannot be combined with other offers.
Pick-up or delivery. Free delivery within 7 miles.

Lindell Fuels, Inc.

Fuel Oil • Propane • Heating
Air Conditioning

CT Registration # HOD.0000095
CT License # HTG.0690604-S1 | CT License # PLM.0281220-P1



P.O. Box 609 | 59 Church Street
Canaan, CT 06018
860 824 5444
860 824 7829 fax

Your LOCAL Full Service Agency

- Skilled Nursing Care
- Hospice Care
- Medical Social Services
- Rehabilitation Therapies
- Home Health Aides
- Home Care Assistance



www.salisburyvna.org
(860) 435-0816

"By your side since 1804"

Serving: Canaan, Cornwall, Falls Village, Goshen, Kent, Lakeville, Norfolk, Salisbury, Sharon, Taconic, Warren

R&R Servicer, LLC



Specializing in: Ponds, Landsculpting,
Riding Arenas, & Roads

Steve J Mosher • O: 845.868.7858 • C: 914.474.5206 • F: 845.868.2276

friendly faces: meet our neighbors, visitors and friends



Shortly after getting her cosmetology licence in 2007, **Rebecca Martin** opened her own salon in Amenia with her friend Julie called Studio 343. "I love interacting with people, but hair is the bonus!" To get going every day, Rebecca starts by stopping at Irving Farm in Millerton, NY for her large coffee with a shot of espresso and there she catches up with other patrons, her favorite being senior citizens. "I learn a lot from them, especially my Gramps. He's 85 years old and has more energy than all of us put together." Rebecca spends her free time working out, caring for her fish and two dogs, spending time with family and friends, and enjoying the changes of the seasons. Being a native to our area, fall is her favorite season with the beautiful vibrant colors, but she feels that it is too short-lived. Agreed!



Catherine Fenn is a familiar face around the greater Millerton area. She has been overseeing five properties as a property manager for about 20 years. She likes the flexibility of the job, which in turn allows her to volunteer a lot of her time. Cathy is very involved with the town of Millerton, she is part of Townscape and sits on The Irondale Schoolhouse board – she enjoys giving back to the community and encourages others to do the same. Cathy is also involved in Peony Vodka and says her favorite drink is The Rose Walk at the Millerton Inn, "Although they are all very good!" As you can tell, Cathy is a very busy person, but always finds time to read, garden, spend time with her dogs and her beloved grandchildren. "There's nothing like being a Grandma!" Oh, and let's not forget John, her other half, who keeps her smiling every day.



Steve Handel is a Software Engineer and develops enterprise applications to help manage large conferences for Fortune 500 companies. "I've been doing this for 17 years." Steve loves to travel and is fortunate that his job takes him to many exciting conference locations all over the globe, but when not traveling he works from home. He's also seen many popular bands up close such as Aerosmith, Train, Elton John, Maroon 5, Imagine Dragons, and many celebrity speakers that are hired for entertainment at his conferences. Steve settled in this area in 2012 so that he could spend more time with his daughter. Their favorite restaurant for a consistently great meal is the Old Mill in Egremont, MA, although he once spent ten days in Sorrento, Italy and still raves about the food. "Best fresh salad you ever had in your life, homemade pasta with a variety of sauces, great cheeses, a bottle of nice wine, gelato and amazing desserts."



Michel Jean knew from the young age of 14 that he loved cooking as much as traveling. After graduating from the hotel school of Nice, France, Michel landed a job through a family friend cooking for King Hassan of Morocco. "He took me under his wing and for that I am grateful." Over the years Michel also traveled around the world cooking for a cruise line, and eventually opened his own restaurant in New York City for 20 years. "I am originally a country boy so the more time I spent in Dutchess County, the more I fell in love with it." Michel is now the chef/owner of The Stissing House in Pine Plains, NY, with his wife Patricia where Michel continues cooking delicious meals for all to enjoy. When Michel isn't in the kitchen, he likes to spend time enjoying the great outdoors.



Bernadette Cillo is the baker at Hathaway Young in Millerton, NY. "I've been in the culinary industry for about ten years, and got my start in this industry by cake decorating." She loves creating delicious treats that satisfying the sweet tooth in everyone. When Bernadette steps away from the oven, she enjoys spending time with her dogs, Charlie and Chetta. She always tries to take them to as many local hiking spots and watering holes as possible. "I'm also a big book nerd, I'm attempting to complete the "1001 books to read before you die" list right now." Bernadette is originally from Poughkeepsie, but moved to Sharon, CT, with her fiancé in December and loves it here. She says the views, the peaceful nature, but mostly loves the "hometown" feel. Hey Bernadette, if you need someone to sample the sweet treats that you bake, you know where to find us.



Sally Wilburn is working on her fourth season as the manager at the Farm Store At Willowbrook. "We have had people that have visited from Germany, England, Australia, Israel, and beyond!" Sally says working at the farm store is like working in heaven. The ever-changing beautiful view from the seasons are breathtaking and she gets to watch the little goslings grow up. Sally's says the farm store sells a lot of delicious food, but the one thing that flies off the shelves is their sweet corn. "If the hutch is not full, the golden question is when is the corn going to be picked again?" Outside of work she loves to garden, has been an active member of a book club for 20 years, and is a Rangers hockey fan.



The
POND
RESTAURANT

*Your dream wedding venue awaits you at The Pond...
as does dinner, Wed.-Sat, 4:30-9, Sun 2-9*
711 County Route 3 • Ancramdale, NY 12503 • (518) 329-1500

Services Include: Lawn Mowing • Garden Maintenance & Rototilling • Mulching & Topsoil • Gutter Cleaning • Power Washing • Planting & Pruning • Spring & Fall Cleanups • Organic Vegetable Gardens • Deer Protection



Mountain Valley Gardening

Above the rest • Fine detail work guaranteed
20 years experience serving Columbia County & beyond

FREE ESTIMATES. CALL (518) 965-9982

W.B. CASE
PLUMBING HEATING & AIR-CONDITIONING

15 years in business • Oil, Propane, Solar Thermal, Geothermal and Biomass heating systems • HVAC system design and installation • HS Tarm and Froling wood boiler dealer and installer • New construction, renovations and service of all Heating, Air Conditioning, Plumbing systems and well services

Williston B. Case III, Owner

SHARON, CT • 860 364-2169

Fully Insured / License # P1 0280455 SI 0390683 STC 0000179 HIC 0634668

DENTISTRY
PHILMONT FAMILY

TAREQ KHALIFEH, DDS

TEL: 518-672-4077 • FAX: 518-672-4079
1078 ROUTE 217 • PHILMONT, NY 12565
www.philmontfamilydentistry.com

 **I ♥ NY.**

the Perfect Getaway HudsonNY



**For a complete listing of dining, lodging, unique boutiques and events,
visit www.columbiacountytourism.org**

Giving back to the planet

THE GILES FAMILY OF WALBRIDGE FARM, MILLBROOK, NY

By Christine Bates

christine@mainstreetmag.com

Doug Giles was out in the field with his Black Angus when Main Street sat down to talk with his partner, Cheryl Giles in front of their farm store on Route 383 in Millbrook, NY.

What is life like for a steer at Walbridge Farm?

Our farm has about 250 Black Angus, which we breed, raise, and take to market. These are not calves born in Pennsylvania, purchased at auction, trucked in and readied for slaughter here. They spend their whole lives in our fields rotating through different pastures. It takes about 18 months for a Black Angus to be ready for market and because Angus are a very muscular breed they need to be “finished” on a diet of oats, sunflower meal, and silage. If they consumed just grass the meat would be really tough.

We grow all of our feed and everything is non-GMO. We never spray insecticides so we have to raise twice as much hay and grain to feed the cattle. We take two to five steers a month to the Adams Farm in Athol, MA, where they are slaughtered humanely. The meat tastes better because the experience is much less stressful for the animal. Our cattle lead a very calm life here.

Walbridge is a registered Black Angus farm? What does that mean?

It means we keep very careful records of the pedigree of each one of our

animals, and each one is registered with the American Angus Association. Doug is the seventh generation of farmers in his family and is obsessed with breeding and raising cattle with the best taste possible. All the beef we sell is raised right here. It's the real deal.

Do you sell your beef to fancy restaurants in New York City?

Not at all. We raise our beef to be consumed locally. We sell directly to consumers through our store, wholesale through Hudson Milk Company, which distributes to customers in Westchester, and locally at Canoe



Above: The Giles family of Walbridge Farm, from left to right: Doug, Gunner, Tucker, and Cheryl. Below, left: Black Angus cattle enjoy their tranquil life in the grassy pastures of Walbridge Farm. Photos by Tom Moore.



Hill, the Millbrook Café, and the Round House in Beacon. We also do a lot of bartering with other farmers like Stonewood Farm. We exchange beef for vegetables or some other product we don't produce.

We are all about working together and supporting our community. We donate around 2,400 pounds of meat to Millbrook public schools so our children can eat well. We also donate to the food pantry at Lyle Church, and host wellness dinners and other charitable events here. The high school prom will be held in our beautiful big barn. We love to educate and host farm tours. Our 7th annual farm festival will take place this year on July 15.

Where does all of your energy come from?

David Hammond, a local veterinarian, was my mentor and introduced me to holistic medicine and the study of food. Everything in our store is healthy and natural. We started our farm store about seven years ago and stocked it with our beef, milk, honey,

bread, and everyday staples. I eat our beef at least four times a week. I love steak. You are what you eat.

I have an obscene amount of energy, it's true. In the summer I get up at around 5am to go running while it's cool, but in the winter not until 6 or 6:30. Only dairy farmers have to get up really early every day. I do the laundry, make lunch for our kids, and feed the seven dogs, the ducks, the goats and my pet cows. I feed our 100-mixed breed chicken flock and collect eggs. We have a lot of old chickens – we never make soup out of them.

Then I open the store, do the book keeping and paper work, drive around and do pickups from the other vendors who supply our store, mow grass and weed whack. At night I go to the gym in Millbrook for Animal Flow, which exercises your whole body. And there might be a volley ball game, biking or a boxing workout. Right now I am in training for my

Continued on next page ...

first fight. I always like to keep busy. I have two speeds: off and on.

How do you select products for your store? How do you price?

When we started our store in Millbrook seven years ago there were no other farm stands. Now there are six — some of which sell produce that is not raised locally. It's hard to compete against that. In the seven years our store has been open our meat prices have remained the same except for a \$.50 increase in ground beef. Generally beef prices have gone up at retail during that time, but we figure our costs are about the same so we don't raise prices. Why be a butthead?

We are constantly evaluating our product mix and working with others to develop new products. Millbrook designers Elizabeth and Giorgio Baravalle of de.Mo branding and design were some of our first customers and insisted on helping us develop a brand identity. Carol Roberts is our store manager and we rely on her. About half of our customers are full-time local residents and the other half are weekenders.

Are banking relationships important to your business?

Bank of Millbrook has helped us finance tractors and bulls. They handle all of our banking from credit cards to checking accounts. They are a local bank and know who you are when you call. They will do anything for you.

What do you like about being a farmer?

Being a farmer is the greatest job —



you don't have a boss, no one tells you what to do. There is happiness in doing your work your own way, and to the best of your ability. And raising our two sons on the farm is very satisfying. I love my life.

What is the most difficult part of being a farmer?

For all farmers weather is unpredictable and challenging. For farmers like us that raise livestock, an animal dying is equally difficult. It can be from disease or a coyote, but it's very hard emotionally.

What's the history of your family and this farm?

We have 900 acres and work another 700 acres, which is mostly hay. Originally my home was an inn in the hamlet of Little Rest where travellers stopped to rest on their way to markets from Dover. Doug came here to work when he was 20 and we have owned the farm since 2008. He studied raising beef in college. I was a 4H sheep girl and met Doug when I was working at Agway.

What's next for Walbridge Farm?

Hopefully we'll be opening a brewery in the barn down the road. And our oldest son, who is now 18, has always wanted to be a farmer, so eventually he'll take over as an eighth generation farmer.

We do not plan on expanding into e-commerce for our store. We want people to come here and see where their food is produced.

Legally we can't do internship programs here — our insurance won't allow it. Being a farmer is the most dangerous occupation after fishing and logging. ●

Above, top to bottom, L-R: Walbridge branded sunflower oil, granola, and maple syrup. Destinee Hauptman, right, the Giles' niece, and Danielle Granuzzo, left, holding a fresh lardy cake, were running the store on Sunday when Main Street visited Walbridge Farm. Princess Buttercup, one of Cheryl's farm pets. Photos by Christine Bates. Left: The Walbridge Farm store is fully stocked and open year round. Photo by Tom Moore.



RECOGNIZED BY WHO'S WHO IN LUXURY REAL ESTATE



THE HILL

Wonderfully private at the end of a long drive on 105 acres of open fields and woods, this light-filled 3768 sq ft home features 3 stone fireplaces, 4 bedrooms, 4 baths and expansive stone terrace. Lovely views of the pond and the distant hills. Only minutes from Millbrook village and Metro North. \$1,975,000. Call Candy Anderson (845) 677-5311.



STANFORD

Charming 4 bedroom cottage in the heart of hunt country overlooks 2 ponds on 28 rolling acres laced with riding and walking trails. Home features an open living-dining room with fireplace & large picture window, master suite, hardwood floors and stone patio. Minutes to Millbrook and Metro North. \$1,075,000. Call Candy Anderson (845) 677-5311.



SMITHFIELD VALLEY

The 1800 Smithfield School House, converted into a truly charming residence, is a rare gem with superb details including original floors, high ceilings, crown moldings and all the modern updates. Situated in the heart of Hunt Country minutes from Amenia, Millerton & Millbrook. In addition there is a barn with heat and A/C that includes a large office and a light filled studio. \$695,000. Call Marie-Laure Collins (845) 677-5311.

H W GUERNSEY

REALTORS, INC.

SINCE 1908

hwguernsey.com

A Heritage of Fine Homes and Property

Millbrook 845-677-5311

So. Columbia County 518-398-5344

jam food shop

would like to wish all of our customers a happy summer! We look forward to seeing you in our one and only Sharon location!



Breakfast, lunch & dinner: Jam has you covered with sandwiches, soups, salads, desserts, a deli counter, drinks, daily specials, & much more!

There is only one Jam, located in Sharon, CT.
Come experience the real thing! (860) 364 2004 • www.jamfoodshop.com

WILLIAM MCGINN

INTERIOR DESIGN



203.743.8262

WILLIAM.MCGINN@ETHANALLEN.COM

ETHAN ALLEN



Complete site construction • Homes, pole barns & sheds • Specialty work: tiling, flooring, stairs & railings, kitchens & baths • Refinishing • Woodworking • Carpentry • Ice & snow damage • Fully insured

518.929.7482 • WWW.NAILEDITBUILDING.COM

NAILED IT
Building & Construction



Cascade Spirit Shoppe

**Fine Wines & Spirits
Custom Engraving
Gift Cards & Custom Gift Baskets**

Tel: 845.373.8232
Fax: 845.789.1234
5058 Route 22, Amenia, NY 12501
Open 7 Days: Mon-Sat 10am-7pm,
Sun 12-5pm



HGB

Hollis Gonerka Bart LLP

The law firm for businesses, entrepreneurs, executives and foundations.
Thorough • Tactical • Trusted

Pine Plains, NY | (518) 771-3031
New York, NY | (646) 398-0066
www.hgbllp.com

Prevention, wellness and healing in partnership with caregivers



Millerton Veterinary Practice

CAROLYN CANNON, DVM | KATIE VAGLIANO, DVM | JACY CYR, DVM

**Integrative medicine & surgery | Therapeutic Laser
Acupuncture | Chiropractic**

518-789-3440 | millertonvet.com | MVPonlineRX.com

Stain that Enhances and Protects



Paint Like No Other®

Enduring beauty. ARBORCOAT® preserves decking, fencing, and siding in a range of opacities and colors.

Benjamin Moore®
Paint like no other.™

LUMBER • MILLWORK • BUILDING SUPPLIES
HERRINGTON'S®
f t @
We share your passion.®

Ed Herrington, Inc. • Hillsdale, NY: 518.325.3131 • Lakeville, CT: 860.435.2561 • Millerton, NY: 518.789.3611
Hudson, NY: 518.828.9431 • Chatham, NY: 518.392.9201 • Sheffield, MA: 413.229.8777 • www.herringtons.com



water

quality & quantity

By Thorunn Kristjansdottir
info@mainstreetmag.com

Water. We couldn't survive without it – literally. Water, in my judgment, is probably the most crucial things that we need to survive – and not just us, but our entire planet and all of the living things on this planet that depend on it for their survival, too.

Water is not just consumed by us, but by just about every other living animal and plant that are a part of our ecosystem. But not all water is created equal, we are however so very fortunate to live in a country/society/region that has clean drinking water – for the most part.

According to the Mayo Clinic, “Water is your body's principal chemical component and makes up about 60 percent of your body weight. Every system in your body depends on water. For example, water flushes toxins out of vital organs, carries nutrients to your cells, and provides a moist environment for ear, nose, and throat tissues. Lack of water can lead to dehydration, a condition that occurs when you don't have enough water in your body to carry out normal functions. Even mild dehydration can drain your energy and make you tired.” Severe dehydration can even result in death.

Clean drinking water

You may remember the horrible water incident in Flint, Michigan that was in the news last year. The

water there became contaminated with lead, and it sadly resulted in a few innocent people losing their lives, while many others became sick, with the long-term effects still not fully known.

When the news broke on this about a year ago, I was just entering into the second trimester of my pregnancy and a lot in my life seemed to revolve around water. The Flint case reminded me of the dangers of lead and lead exposure, and my husband quickly re-tested the water at our house, because lead exposure for an unborn fetus is just scary! Lead exposure can affect the brain of an unborn child and that could result in developmental issues. Lead exposure can also result in gastrointestinal issues, fatigue, insomnia, memory loss, and hyperactivity to name a few of the effects that it could have on any of us if exposed. So if you haven't already, make sure to have your drinking water tested. You can do a simple test yourself by buying a kit at such places as Lowe's, or you can send out water samples to water testing businesses.

But lead isn't the only possible contaminant that can be found in your water. There can be man-made and natural contaminants that can range from chemicals like nitrogen, bleach, salt, pesticides, and metals to natural organisms. So again, I'd just make sure that your drinking water has been tested to make sure that you're ingesting the best possible water that you can.

Water quantity

As previously mentioned, in the second trimester of my pregnancy, water became a focus. It was first about water quality, and once we were without a shadow of doubt that our water was as pure as could be, things became about how much water I was ingesting.

How much water should one drink? To quote the Mayo Clinic, “Every day you lose water through your breath, perspiration, urine, and bowel movements. For your body to function properly, you must replenish its water supply by consuming beverages and foods that contain water. So how much fluid does the average, healthy adult living in a temperate climate need? The Institute of Medicine determined that an adequate intake (AI) for men is roughly about 13 cups (3 liters) of total beverages a day. The AI for women is about 9 cups (2.2 liters) of total beverages a day.” To put this into perspective, the rule of thumb has been that you should drink about eight eight-ounce glasses of water a day, that amounts to approximately 1.9 liters.

Eighth glasses a day? I know, that seems like a lot. I felt that way at least when my doctor told me to drink way more water during my pregnancy. My body needed it, as did my baby. But I had never thought about how much water I was actually drinking until then, because I always felt that if I was thirsty that I would drink. But that was no longer the case.

By becoming more conscious about how much I was drinking, it quickly became a habit. Throughout the day I'd check in with myself, “How much have I had to drink thus far?” It wasn't too hard, and I didn't feel water-logged or anything like that (which I feared I would). Quite the contrary, I felt great! Some of the aches and pains that I was having (because of the pregnancy) actually diminished and or went away because they were a result of lack of water. My skin also became even clearer and more glowing, and my entire body was just all-around much better.

According to www.mindbodygreen.com the top ten health benefits of drinking water are: 1. Increases energy and relieves fatigue. 2. Promotes weight loss. 3. Flushes out toxins. 4. Improves skin complexion. 5. Maintains regularity. 6. Boosts immune system. 7. Natural headache remedy. 8. Prevents cramps and sprains. 9. Puts you in a good mood. 10. Save money, because water is free!

What great health benefits! So, my friends, check your water quality, and make sure you're drinking enough. And if that is all in order, you should hopefully be well on your way to an even healthier lifestyle. Stay hydrated. •

www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256

www.mindbodygreen.com/0-4287/10-Reasons-Why-You-Should-Drink-More-Water.html

POUGHKEEPSIE OPEN KITCHEN

JOIN OUR SHARED-USE COMMERCIAL KITCHEN



3,000 sq. ft. of commercial grade food prep, cooking, packaging, and storage space fully equipped for your use. Located in a beautiful historic building within a vibrant and diverse community. Kitchen rates are affordable at \$25/hour and hours are flexible.

middlemain.com/kitchen or 845-337-0263
underwearfactory@hudsonriverhousing.org

Hudson River
Housing, Inc.



Enjoy dinner with
a view *every night at*
the greens



Copake Country Club LIVE MUSIC EVERY THURSDAY!
44 Golf Course Road, Craryville | 518-325-0019 | www.thegreensatcopake.com

"When it comes to quality antiques
in a warm and welcoming environment
all roads lead to the Millerton Antiques Center."

Fodor Travel

MILLERTON
ANTIQUES CENTER

MAIN 25 STREET

More than 35 dealers.
Open 7 Days a Week.

518-789-6004

COPAKE LAKE REALTY CORP.



I'LL HUFF AND I'LL PUFF... Circa 1948 brick and stone cape with many original details such as arched doorways. Four bedrooms, 1.5 bath 1722 sf home on 1 acre. Fireplace in dining room. Wood stove in family room. Two bedrooms and full bathroom on the main level. Two bedrooms, 1/2 bath and alcove/office area upstairs. Other features include a mudroom, full basement, porch, fenced yard, detached two-car garage. Conveniently located in Craryville, NY, just off the Route 23 corridor between Hudson, NY and Great Barrington, MA. Close to so many attractions that the area has to offer. REDUCED \$250,000.

Lindsay LeBrecht, Real Estate Broker
Copake Lake Realty Corp.

285 Lakeview Road
Craryville, NY 12521

(518) 325-9741
www.copakelakerealty.com

Affordable, feisty, livable Millerton

THE REAL ESTATE MARKET IN THE VILLAGE OF MILLERTON, NY

By Christine Bates
christine@mainstreetmag.com

New York's villages and towns explained

New York State has something that Massachusetts and Connecticut do not have – independent villages. There are more than 500 separately incorporated, standalone villages in the state of New York with eight in Dutchess County (see comparison chart of the county's villages below).

Containing only 0.6 square miles, Millerton is a self-governing island surrounded by the Town of North East (43.7 square miles). With an estimated 933 residents, it is the smallest village in the county. Villages, as opposed to hamlets, govern and deliver services independent of the larger township in which they are located. Millerton has its own village hall, its own elected mayor and Board of Trustees, its own highway crew, a water tower, and even a part-time police department. Village government is responsible for maintaining village roads, snow plowing, operating a municipal water system, public safety, and maintaining sidewalks, parks, and streetlights. The owners of village real estate pay an additional property tax on top of town, county, and school taxes to support their government.

Village residents want to retain the village's independence and identity and have little interest in

consolidating with the Town of North East.

Millerton's transformation

Developed in the early 1850s, the Village of Millerton was a rollicking railroad town with stores, bars, and hotels at the intersection of three rail lines. Millerton was an open town where Babe Ruth caroused, teenagers from Connecticut could drink at 18, and farmers arrived on tractors. The last trains stopped

running by 1980, but the village still remains a crossroads to Connecticut and the Berkshires.

Millerton has made a comeback from a gritty, agricultural upstate village to a happening place, which attracts homebuyers, increasingly from Brooklyn, looking for an affordable home in a walkable community. We found one young weekend New York couple from the Upper West Side enjoying their backyard on Central Avenue on a Sunday. They bought the small Victorian house for \$105,000 in 2016 and are gradually fixing it up. "We tell all of our friends that this is the place to buy. We drive up here and walk everywhere." (See photo of blue house on the next page).

Bill McGinn, a real estate agent with Best & Cavallaro and long-time resident of North East, observed that Millerton is business-friendly and that the village contains a diverse population with



Above: Main Street in Millerton at sunset, with its restaurants, movie theater, shops, and clock tower basking in the sun's glow. Photo by Olivia Valentine Markonic.

THE EIGHT VILLAGES OF DUTCHESS COUNTY

| | Estimated population | Square miles | Village tax rate |
|------------------|----------------------|--------------|------------------|
| Fishkill | 2,116 | 0.8 | 3.38 |
| Millbrook | 1,413 | 1.9 | 4.43 |
| Millerton | 933 | 0.6 | 4.51 |
| Pawling | 2,305 | 2.0 | 6.67 |
| Red Hook | 1,979 | 1.1 | 6.17 |
| Rhinebeck | 2,592 | 1.5 | 4.13 |
| Tivoli | 1,093 | 1.6 | 3.69 |
| Wappingers Falls | 5,506 | 1.2 | 7.01 |

Tax rates based on 100% valuation, homestead rates where applicable. Does not include applicable town, county, and school property taxes.

Continued on next page ...

LONG LAKE



GRACIOUS LIVING MADE EASY

Pristine, serene, modern lakefront homes are available in southern Columbia County from \$360K-\$405K. Cathedral ceilings, open floor plans, and airy screened porches compliment a casually elegant lifestyle. The community is managed by an HOA which cares for exterior details including landscaping and upkeep of infrastructure, which gives you time to enjoy swimming, tennis, hiking, and kayaking at the stunning 220 ac private setting. Prime location: 2 hours from NYC, 30 min to trains, Hudson, and the Berkshires, & 15 min to skiing. Exactly how a second home should be. For more info call Jennifer Capala at 917-685-6925 or visit www.longlakeccny.com

Jennifer Capala - 917-685-6925
Licensed RE Associate Broker
HUNT 438 Warren Street Hudson, NY
jennifer.capala@huntrealestate.com
www.jennifercapala.com



Refresh your summer

with Herrington Fuels cooling services. Just relax and add lemon.



HerringtonFuels

It's all about comfort.

- A/C maintenance and repair
- Installation of Central Air and Mini-Split Systems

(518) 325-6700 herringtonfuels.com



PALEY'S MARKET and GARDEN CENTER

Know Your Farmer. Know Your Food.

July brings the best fresh produce including Paley's own heirloom tomatoes & sweet corn, beans, cukes, squash, lettuces, herbs and more.

Regional berries, cherries and stone fruits
Amazing fresh baked pies, cakes and breads
Local Cheeses and Dairy • Ice Cream • Meats
A big selection of specialty foods

- and -

you'll still find everything you need for your own garden here too...from plants to supplies.

Paley's Farm Market, LLC

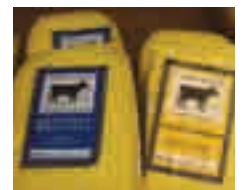
230 Amenia Road (Rt. 343) • Sharon, CT 06069
860-364-0674 • Open 7 days a week, 8-6



Join our E-club and follow us on Facebook and Twitter to receive news and special offers.

www.PaleysMarket.com

CELEBRATING 35 YEARS OF GROWING



Photos by Kerry Rooney



Above: The most expensive house sold in the last nine years was 19 Highland Drive at a price of \$340,000. Above, right: A Victorian house at 9 Barton Street is in need of extensive renovation, but it may be a bargain at \$49,000. Right: Purchased in 2016 for \$109,000 this village Victorian is gradually being restored and enjoyed at the same time. Photos by Christine Bates.

a strong community identity. “It’s not a precious village and where else can you buy a house for less than \$200,000?”

Millerton’s new mayor, Debbie Middlebrook, who grew up in the village, understands its charms. “Millerton is a preserved rural community with an exuberance that draws visitors all year long. This energy also makes it a wonderful place to call home for those of us lucky enough to live here. If you live in the village, you are only steps away from enjoying a film at the Movie-house, dining out with friends in one of ten restaurants, shopping at the farmer’s market, or browsing in Oblong Books & Music. We also have a great hardware store, post office, and professional services including our village doctor Kristie Schmidt.”

The village is truly a walking community and, with the Harlem Valley Rail Trail, a biking community as well. Beyond the village boundaries, there are parks, vistas of the Catskills, acres of open farmland, hiking, and the Berkshires. And, of course, with the nearby Metro North station in Wassaic

you can ride into New York in two hours.

Millerton’s commercial real estate is hot

Two commercial real estate sales have already closed in the first quarter of 2017 with another two under contract. And there are still buyers looking for an opportunity. In April there were multiple bids on the Aperture property listed at \$685,000 and on the market for only two weeks.

Developers with plans to transform the building have purchased the Millerton Elementary School. This makes 2017 the busiest year ever for village commercial real estate sales, in contrast to 2011 to 2013 when there were no sales at all; however, sales prices still haven’t topped the 2009 and 2010 levels (see chart and photos), and average prices remain around \$400,000.

Jenny Hansell, the Executive Director of the North East Community Center (NECC), Millerton’s social services provider, has watched the village change over the last 16 years. “From my office at NECC on South Center Street, I can see Main Street, and love watching people go by. It seems to me that for the first time in my 16 years here, every storefront is occupied, and there are more people shopping, visiting, and walking around than ever before. Millerton is a wonderful place to work.”

Continued on next page ...



VILLAGE OF MILLERTON RESIDENTIAL SALES 2008-2016

| Year | # sales | Total sales | Average | Median |
|----------------|---------|-------------|-----------|-----------|
| 2008 | 12 | \$2,038,590 | \$169,883 | \$175,000 |
| 2009 | 5 | \$607,234 | \$121,447 | \$137,234 |
| 2010 | 9 | \$1,627,541 | \$180,838 | \$170,000 |
| 2011 | 7 | \$1,197,300 | \$171,043 | \$190,000 |
| 2012 | 7 | \$1,196,920 | \$170,989 | \$155,820 |
| 2013 | 3 | \$615,000 | \$205,000 | \$180,000 |
| 2014 | 6 | \$1,231,500 | \$205,250 | \$200,000 |
| 2015 | 4 | \$889,500 | \$222,375 | \$206,750 |
| 2016 | 9 | \$1,482,327 | \$164,703 | \$165,360 |
| 9 year average | 7 | \$1,209,546 | \$179,059 | \$175,574 |



Above: Barton Street, three blocks north of Main Street, has the most expensive and the least expensive homes on the market. The house at 37 Barton Street was purchased in 2016 for \$129,000, renovated and is now on the market for \$585,000. Photo by Christine Bates.

The Millerton housing market remains affordable and stable

Despite bank sales and foreclosures, the Millerton residential market has remained stable over the last nine years (see chart). While there were years with fewer than five sales, on average there are about seven transactions a year with an average price of around \$179,000. There is little difference between average and median prices because of the lack of higher end properties, at least until now.

In the last nine years the most expensive house sold was 19 Highland Drive (see photo previous page) at a price of \$340,000. Arleen Shepley of Elyse Harney Real Estate commented that, "Most buyers are coming from the city, there are a few locals, but not many. The buyers from New York are looking for a village setting because they want to walk and enjoy what the village has to offer." Houses that don't require extensive renovations aren't on the market for long.

Summer house hunting

Millerton's residential inventory is tight right now with only 15 houses for sale in the village, ranging in price from \$585,00 for a stylish renovation to \$49,000 for a home with some major fixing-up required – both located on Barton Street (see chart with details and photos).

Homes and lots in Millerton are typically not large. Average square footage is around 2,000 with a price per square foot of just \$100. This pricing level reflects the condition of many homes, which require extensive renovation and updating. Lot sizes are typically less than half an acre.

This is a good time to start looking around the village of Millerton and seeing what it has to offer on

RESIDENCES FOR SALE IN THE VILLAGE OF MILLERTON, NY

| Price | Address | SF | \$ per SF | Lot size |
|-----------|---------------------|-------|-----------|----------|
| \$585,000 | 37 Barton | 4,000 | \$146.25 | 0.48 |
| \$259,900 | 9 Central Ave | 2,815 | \$92 | 0.23 |
| \$248,400 | 18 High Vue Terrace | 1,648 | \$151 | 0.40 |
| \$238,000 | 25 Simmons | 1,744 | \$136 | 0.25 |
| \$229,000 | 5846 S Elm Ave | 1,940 | \$118 | 0.17 |
| \$227,000 | 6 Barton Street | 1,882 | \$121 | 0.20 |
| \$199,000 | 19 Dutchess Ave. | 1,600 | \$124 | 0.10 |
| \$179,000 | 22 Church Street | 1,560 | \$115 | 0.17 |
| \$175,000 | 40 Highland St. | 1,662 | \$105 | 0.27 |
| \$174,900 | 2 Church St. | 1,947 | \$90 | 0.56 |
| \$158,500 | 12 Simmons St. | 2,096 | \$76 | 0.18 |
| \$150,000 | 9 Fish St. | 2,581 | \$58 | 0.37 |
| \$139,000 | 24 Dutchess Ave. | 2,550 | \$55 | 0.20 |
| \$90,000 | 5944 N. Elm Ave. | 896 | \$100 | 0.28 |
| \$49,000 | 9 Barton St. | 2,015 | \$24 | 0.48 |

Information from realtor.com as of mid June.

COMMERCIAL REAL ESTATE SALES 2009 TO EARLY 2017 IN MILLERTON

| Year | # sales | Assessed val | Sale price | Street # | Street |
|------------------------|------------|--------------|-------------|----------|----------------|
| 2009 | 2 | \$728,500 | \$1,160,000 | 87 | Main St |
| | | \$230,500 | \$300,000 | 11 | Railroad Plaza |
| 2010 | 3 | \$322,000 | \$320,000 | 5925 | Elm Ave |
| | | \$423,000 | \$250,000 | 17 | John St |
| | | \$381,000 | \$975,000 | 34-36 | Main St |
| 2011 | None | | | | |
| 2012 | None | | | | |
| 2013 | None | | | | |
| 2014 | 3 | \$158,500 | \$140,000 | 5 | Century Blvd |
| | | \$269,600 | \$227,500 | 23 | Center St |
| | | \$943,400 | \$675,000 | 53 | Main St |
| 2015 | 2 | \$238,000 | \$450,000 | 66 | Main St |
| | | \$334,600 | \$300,000 | 54 | Center St |
| 2016 | 3 | \$306,200 | \$260,000 | 21 | Barton St |
| | | \$638,700 | \$620,000 | 56 | Main St |
| | | \$165,500 | \$267,000 | 5930 | Elm Ave |
| 2017 | 2 in 1st Q | \$112,500 | \$50,000 | 56 | North Center |
| | | \$217,000 | \$208,000 | 14 | North Center |
| Total sales since 2009 | | \$5,469,000 | \$6,202,500 | | |
| Average sale price | | \$364,600 | \$413,500 | | |

either side of Main Street. Walk in the largely untouched Victorian residential neighborhoods south of Main Street and up the hill on Simmons and Barton Streets. Have a cup of coffee at the park tables in front of the Methodist Church, check out Saperstein's – the village's go-to clothing store since the 1940s, drop in at Terni's for a newspaper or a Pendleton shirt, or sample tea at Harney & Son's. Be sure to pick up a copy of the Historic Society's Walking Tour for a history of the buildings in Main Street's Historic District. Millerton has a lot to offer visitors and even more to those who choose to make it their home. ●



Above: The building at 56 Main Street, which sold for \$620,000 in 2016, was originally built as a car dealership, then became home to a software company and is now being remodeled as shared office space. Photo by Christine Bates.

ELYSE HARNEY REAL ESTATE

CELEBRATING **30 YEARS** OF SERVICE IN THE TRI-STATE REGION

LOCALLY OWNED AND OPERATED FOR TWO GENERATIONS



Listed by Elyse Harney Morris & Kathleen Donovan

ENCHANTED CARRIAGE HOUSE

Lakeville, Connecticut • \$698,000

2,650 sq.ft. • .97 acres • 4 Bedrooms • 2 Baths • 2 Half Baths



Listed by Elyse Harney Morris & Lisa Weiss

STUNNING LAKEHOUSE - COPAKE LAKE

Copake, New York • \$1,975,000

2,688 sq.ft. • .34 acres • 4 Bedrooms • 2 Baths • 1 Half Bath

GLOBAL REACH • COMMUNITY CONNECTION • A TRADITION OF TRUST

MILLERTON, NY 518-789-8800

WWW.HARNEYRE.COM

SALISBURY, CT 860-435-2200

BRINGING YOU THE BEST LOCAL FOOD



TO BUY THE BEST LOCAL FOOD IN THE HUDSON VALLEY – FROM THE HUDSON VALLEY – VISIT THESE LOCATIONS:

Millerton Agway in Millerton, NY • Bywater Bistro in Rosendale, NY • Boitson's Restaurant in Kingston, NY • Hudson Hill's in Coldspring, NY • Phoenicia Diner in Phoenicia, NY • Red Devon in Bangall, NY • Roundout Music Lounge in Kingston, NY • The Local in Rhinebeck, NY • Jack's Meats in New Paltz, NY • Adams Fairacre Farms in Poughkeepsie, NY • Adams Fairacre Farms in Wappinger, NY • Adams Fairacre Farms in Newburgh, NY • Associated in Rosendale, NY • Bistro-To-Go in Kingston, NY • Gigi's Market in Red Hook, NY • High Falls Food Co-Op in High Falls, NY • Honest Weight Food Co-Op in Albany, NY • Nature's Pantry in Fishkill, NY • Nature's Pantry in Newburgh, NY • Otto's Market in Germantown, NY • Sunflower Natural Foods in Woodstock, NY • The Cheese Plate in New Paltz, NY • Black Horse Farm Stand in Athens, NY

If you'd like to carry our products and see a full list of our retail locations, please visit our website.

www.hv-harvest.com





SOUTH KENT PRIVACY

Secluded country retreat on five and a half acres in South Kent. Open floor plan featuring 25' native fieldstone fireplace, large exposed wood beams and wide plank flooring. Loft bedroom is one of three, and the master suite features a cathedral ceiling and large bathroom. There is a 30 x 40 heated porch for use throughout all seasons, overlooking the swimming pool, which provides a comfortable shaded retreat. Open, level yard with stone walls. 2 bathrooms. \$615,000



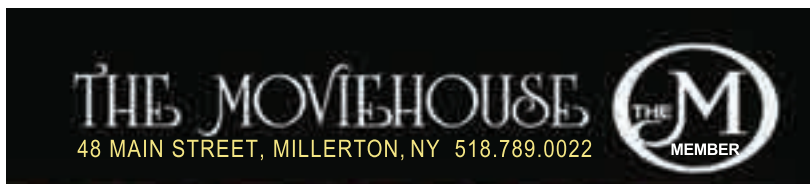
860-927-4646 • 860-364-4646 • 860-672-2626 • www.bainrealestate.com



STAY FRESH
DRINK TEA

www.harney.com


HARNEY & SONS
MASTER TEA BLENDERS
EST. 1983



48 MAIN STREET, MILLERTON, NY 518.789.0022



CINEMA * THEATRE * DANCE * MUSIC * ART

MEMBERSHIP HAS ITS REWARDS

Save on the Purchase of Tickets
Receive Invitations to Special Events
Member Prices at Art House Theaters Nationwide
Discounts at Local Shops & Restaurants
Receive a Free Movie Pass when You Join!

JOIN AT THE THEATER OR ONLINE

www.themoviehouse.net
facebook.com/themoviehouse.ny



TASTINGS & LUNCH

Weekends 11:00-5:00

SUMMERTIDE 2017 7/7-7/9

Jessie Colin Young, Jonathan Edwards,

Delicious food and Craft Beverages

TICKETS - CASCADMT.COM

SUMMER SATURDAYS

LIVE MUSIC, BBQ, & WOOD -

FIRED PIZZA 2:30-5:30 July & August

July 15th - Hudson Valley Blue Grass Band

Spirits to raise your spirits

By Dominique DeVito
info@mainstreetmag.com

Idyllic.

That's the only word to describe the site I pulled up to on a late spring day that was amazingly rain-free, as though it was part of nature's plan to show off this property for my visit. The sky was a brilliant blue, and popcorn clouds spotted it like tufts of floating meringue. From behind the wheel of my parked car I looked out on barrels that spelled "TACONIC DISTILLERY" and, beyond them, rolling hills that rivaled any Irish vista. The Hudson Valley is stunning, and this was *A Spot*.

The birth of a distillery

Paul and Carol Ann Coughlin recognized that back in 2008, when Paul started exploring the area as an escape from their Greenwich, CT, home. A sportsman, Paul had discovered the Stanfordville, NY, area because of its proximity to Tamarack Preserve in Amenia. When he saw a property close to where the distillery is now, he fell in love with it instantly. Carol Ann concurred, and their plans to establish a weekend get-away for them and their three daughters began. Not long after,



Above: The barrels literally spell out the distillery's name when you arrive at Taconic Distillery. Below, left: Paul and Carol Ann Coughlin pose for a photo while showing off their barrel room.

an adjacent piece of property came on the market, and they bought it. Farming seemed a natural option for the land's use, and they explored the viability of different crops, settling at last on the idea of growing grains for distilling. Taconic Distillery was born.

An expansion and official opening of the tasting room was completed in 2016, and before it was established as Taconic Distillery, the Coughlins were working under the name of Millbrook Distillery. They've been at it since 2013, and Taconic Distillery is both well-established and still growing. Paul and Carol Ann have a focused vision: a line of targeted, high-quality spirits that can compete on a national stage. Their main focus is bourbon whiskey – they make three styles – and they also produce two rye whiskeys and a rum. "The rum is the anomaly," Paul confesses. "It's made in Florida, where there is sugar cane, and then it comes up here to age. Otherwise," he continues with pride, "everything here is 100% from New York."

Love is the difference

Taconic Distillery is another Hudson Valley craft beverage producer that believes – really believes (and rightfully so) – in the beauty and bounty of the region and how they translate to a fantastic product. When I ask him what makes an exceptional bourbon, Paul quickly responds, "love is the difference." That's a great line, and a great belief, but, in fact, as he explained more matter-of-factly, the elemental ingredients are "water, corn, rye, and wood. We source local ingredients for our spirits," he says. "And," Carol Ann adds, "the water here is really good. Kentucky is known for the limestone that flavors its water and contributes to the global reputation of the taste of its bourbons. Well, we have limestone here, too," she says.

"Another significant contributing factor to the quality of our product is the temperature differential here," Paul explains. "Variations in temperature enhance the aging of the bourbon as it expands and contracts in the barrel, so you want the cold

winters and hot summers."

"Despite what some people think," Paul says, "bourbon isn't something that can only be made in Kentucky. It's a uniquely American spirit, and it can be made in any of the 50 states, per an Act of Congress that was passed in 1964." That happens to be the same year Paul was born. A coincidence? Perhaps, but one that is duly noted by the Coughlins and is perhaps an inspiration. If you're going to dedicate so much time and expense to producing an outstanding product, it helps to feel a very personal connection to it. If "love" makes the difference between good and great, then that makes perfect sense, too.

Bourbon, whiskey and the importance of the barrels

Bourbon and rye are "brown" spirits (as opposed to gin and vodka), and so require aging in wood barrels. The Coughlins have over 800 barrels in their distillery. The barrels are made of virgin American white



Continued on next page ...

oak, charred on the inside, which is traditional for whiskey. When they take people on tours and they get to the barrel area, they hand over a Sharpie and let you add your signature to a barrel. It's a great way to feel a connection to the process and the product.

Copper's influence

The Coughlins are savvy marketers, and they understand that, once you're creating something that has the taste you're after, you need to get it in front of people. The marketplace for craft beverages is hugely competitive, so they gave great consideration to the look and labeling of their products, too. They tapped into another historical fact of American whiskey making and an iconic symbol of a sporting tradition, the American Foxhound, as part of their logo. Tradition has it that the Foxhound's keen nose and unmistakable voice were taken advantage of by moonshine makers during Prohibition. The Foxhound's howl could be heard for miles, and if a hound started howling a still could be dismantled and moved before it was discovered and smashed. The Foxhound has a strong association with George



Washington, who had a passion for foxhunting, as well as generations of others who grew up either riding to hounds or being enamored with the hunting lifestyle as portrayed by Ralph Lauren.

Not only that, but Elmore Leonard is a favorite author of Paul's, and one of his books featured an American Foxhound. All of these associations made the creation of Copper (as they call the hound featured on their label) an inevitability. "Copper helps our product stand out on store shelves," Paul says, noting, "you can have the best-tasting spirit in the country, but if the packaging doesn't appeal, no one will pick it up and try it."

The Coughlins have overcome that challenge. Taconic's bourbons, ryes, and rum are sold throughout New York, New Jersey, Connecticut, Massachusetts, and Rhode Island, and they want to expand into more of the Northeast and Middle Atlantic states. Their tasting room is becoming a local hangout for its beautiful deck with the view of the rolling hills and its hugely popular fire pit by which you can sip their drinks neat or in specially made cocktails. They like the tasting room and the property as a place to support the brand, but they don't

want to overdo it. The tasting room is only open on Saturday and Sunday, and they host just four or five targeted events a year, like a recent Cornhole Tournament.

Can it get any better?

Back on the deck, chatting about how much we all love where we live, I ask them what their favorites are of the spirits they make. "Bourbon for sipping, and rye for cocktails," says Carol Ann, who created their signature Nor'easter cocktail that combines bourbon, lime juice, maple syrup, and Jamaican ginger beer. Paul says, "I like it all," but adds that he has a soft spot for Taconic's Double Barrel Maple Bourbon Whiskey. A review in *The Whiskey Reviewer* described it as, "...a 90 proof bourbon that has the rich color of clover honey. The heady smell of the barrel's wood comes through along with the pleasing maple aroma. You experience the barrel's contributions all the way through to the taste.... The initial encounter is definitely the maple, and this sweetness lingers pleasantly on the lips. However, the sweetness is not overpowering and the earthiness of the barrel wood balances it out nicely."

The bourbon is made by sending

its used barrels to Catskill Mountain Sugarhouse, which fills them with syrup. When the syrup is aged and bottled, the barrels are returned, and refilled with bourbon. Besides this bourbon, Taconic also sells the Bourbon Barrel Aged Maple Syrup.

I also ask them what they like most about Stanfordville and their beautiful spot in the Hudson Valley. "No traffic," and "peaceful and quiet" are what they exclaim without hesitation. A pick-up truck triling equipment and painted with a business logo and phone number on its door ambles by on the road, and Paul waves. "You get to know everyone," he says with a smile.

Get to know Taconic Distillery. It's another slice of Hudson Valley heaven from the ground up. •

Taconic Distillery is located at 179 Bowen Road, Stanfordville, NY. You can visit their website at www.taconicdistillery.com or call them at (845) 393-4583. Tasting room hours are Saturday, 12 to 6 pm, and Sunday, 12 to 5 pm.



Above, top: One of the distillery's display cases. Above: Paul and Carol Ann stand in front of the door to the distillery, showcasing Copper, the Foxhound in their logo.

Warren Kitchen & Cutlery's Summer Sale.

The lowest prices of the year on everything for the kitchen!

Professional cutlery from around the world • Cookware
Bakeware • Grilling tools • Glassware and Barware
Kitchen Appliances • Serving pieces and accessories
Coffee makers • Unique kitchen gadgets

Wednesday through Sunday



*selected, store in-stock only.

The Hudson Valley's best selection of fine cutlery, professional cookware, appliances, serving pieces and kitchen tools.

The Edge
Warren
Kitchen & Cutlery



6934 Route 9 Rhinebeck, NY 12572 Just north of the 9G intersection

845-876-6208 Mon-Sat 9:30-5:30, Sun 11-4:30

Visit us on the web, or order on-line, at www.warrenkitchentools.com



INTERIOR DESIGN
10,000 ft² SHOWROOMS
ON-SITE WORKROOM


7 HOLLEY STREET, LAKEVILLE
www.lakevilleinteriors.com



Factory Lane Auto Repair

Dominick Calabro - owner
 (518) 398-5360 | 3 Factory Lane, Pine Plains, NY 12567

Three Dimensional Coloring
 Soy-Based Color
 All phases of hair care



Shear Illusions Salon LLC

Rebecca Welsh – proprietor
 860 364 5111
 Visit us at our NEW location:
 19 West Main Street
 Sharon, CT 06069

www.sutterantiques.com



SUTTER ANTIQUES

Lightning Protection!



ASSOCIATED LIGHTNING
 Rod Company, Inc

www.alrci.com

518-789-4603
 845-373-8309



HATHAWAY YOUNG

CAFE · ICE CREAM · BAKERY · SPECIALTY FOODS · CATERING

56 SOUTH CENTER ST, MILLERTON · (518) 592-1818

Photo: Christine Valentini Markowski

Rancher, Farmer, Fisherman.

CHALLENGES POWERFUL MYTHS ABOUT AMERICAN AND ENVIRONMENTAL VALUES

By Helen Seslowsky
info@mainstreetmag.com

As this is the *Food & Drink* issue we thought we should take a break from all the deliciousness for a moment to consider where our food comes from, and how the task of keeping the nation fed on the enormous scale required, impacts our environment.

Although environmentalists, ranchers, and farmers are often viewed as being at odds with one another, it makes perfect sense that those most familiar with the earth, whose very livelihood is inexorably tied to it, are actually turning out to be some of the men and women doing today's most consequential environmental work – restoring America's grasslands, wildlife, soil, rivers, wetlands, and oceans. They would not call themselves environmentalists; they would be too uneasy with the connotations of that word. What drives them is their deep love of the land: the iconic terrain where explorers and cowboys, pioneers, and riverboat captains forged the American identity. They feel a moral responsibility to preserve this heritage and natural wealth, to ensure that their families and communities will continue to thrive.

Behind the film

New York Times bestselling author, and manager of Special Projects for the Environmental Defense Fund, Miriam Horn (*Earth: The Sequel: The Race to Reinvent Energy and Stop Global Warming*), first introduced readers to four of these unlikely heroes in her book *Rancher, Farmer, Fisherman, Conservation Heroes of the American Heartland* (a Kirkus Best Book of 2016). Horn knows her stuff when it comes to the environment, having worked for the US Forest Service on timber management, mine reclamation, and education before spending fifteen years writing for *U.S. News and World Report*, *The New York Times*, *Smithsonian*, and other publications

before joining the EDF. Her book has now been made into a Discovery feature-length documentary film of the same name, narrated by award-winning journalist Tom Brokaw, and directed by Oscar-nominated and Emmy® winning filmmakers John Hoffman and Susan Froemke.

In the film, we meet a Montana rancher, two Kansas farmers, and a Louisiana fisherman. With a passion for the terrain that defines their identity, each has bridged long-standing divides between rural communities and outside experts, people that work the land and federal bureaucrats, to preserve the landscapes that sustain them.

Montana rancher and former rodeo champion Dusty Crary's family came West when it was still wild, surviving on bootlegging and coyote trapping before settling in the 1930s on the land he now ranches. There Dusty raises livestock alongside grizzlies and wolves, using grazing to restore native grasslands and manage invasive weeds. A conservative who generally votes Republican, Dusty has spent countless hours forging alliances between long-time antagonists – cattlemen and federal agencies, hunters, and environmental groups – to protect both private ranches and federal wilderness along the Rocky Mountain Front for future generations.

Though the amber waves of grain that stretch across Justin Knopf's fifth-generation family farm stir nostalgia for America's rural past, his farming practices are decidedly forward-looking. In his wheat, soy, and alfalfa fields, Justin applies the latest advances in microbial soil science, no-till and crop rotation strategies for controlling pests, building soil quality and fighting erosion. Contrary to what many of us would think, Justin says, "I would argue that many of the larger scale farms are the ones on the cutting edge of environmentalism."

Fisherman Wayne Werner did not set out to become an advocate for

smart fishing regulations, but he had to act after seeing how mismanagement was decimating red snapper populations and bringing economic despair to fishing communities, including his own family. With Wayne's help, fishermen, environmentalists, and the government joined forces to help transition the commercial red snapper fishery to sustainable management practices. Today the population of red snapper, the Gulf's most valuable fish, is recovering rapidly.

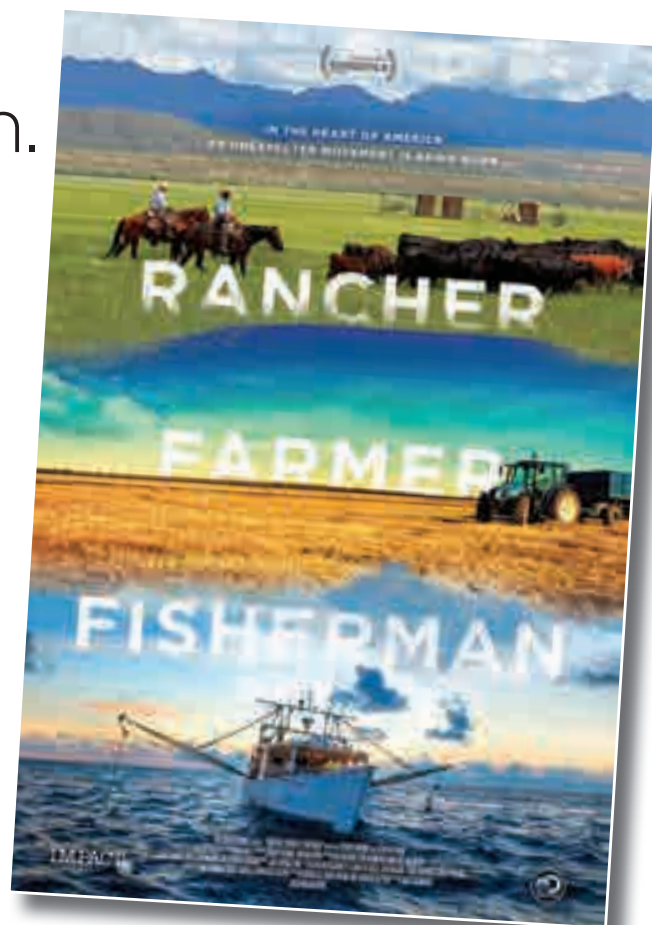
Why make the film?

When asked what their goals were in making the film, Directors Hoffman and Froemke and Co-Director Beth Aala said they "...set out to make this film to challenge several pervasive and powerful myths about America: that in traditional, deep-red states, 'real Americans' – the ones who run the tractors and barges and fishing boats, who go to church and town meetings – are hostile to the values of environmentalism; that the work many of them do, producing food at 'industrial scale,' is inherently destructive of nature; that America is irretrievably broken, trapped in ever-more hostile warring political camps."

By shining a light on this quiet

movement, *Rancher, Farmer, Fisherman* offers us solutions to the challenges confronting America's wild land and wildlife, fisheries, and croplands, and we see how these working families are able to cross political boundaries to arrive at real solutions for protecting the land and sea – in much the same way as we see happening on a smaller scale in our own region through collaborations between local farmers and the American Farmland Trust, Riverkeeper, and other environmental organizations. ●

On Sunday, July 23 at 11am The Film-Works Forum of The Moviehouse in Miller-ton, NY, will show an advance screening of the Discovery documentary. Admission is free and open to anyone who wishes to attend. The screening will be followed by a panel discussion and Q&A, moderated by Director, John Hoffman, Executive Vice President of Documentaries for Discovery. Hoffman directed and executive produced "Sleepless in America" (NatGeo), the Emmy® nominated "The Weight of the Nation" (HBO), and produced the Emmy® winning series "Addiction and The Alzheimer's Project" for HBO. He will be joined by members of the American Farmland Trust, and other key local advocates for climate change and sustainability. For more information visit www.themoviehouse.net.



Above: The poster for the film. Courtesy of The Moviehouse.



OVER MOUNTAIN BUILDERS, LLC.

30 years and still passionate! Quality craftsmanship delivered on time & within budget.

John Crawford
P: 518-789-6173 | C: 860-671-0054
john@overmountainbuilders.com
www.overmountainbuilders.com

❖ Church Street ❖

DELI & PIZZERIA

BREAKFAST • LUNCH • DINNER
SALADS • SANDWICHES • SUBS •
WRAPS • BURGERS & DOGS •
PIZZA • & MORE!

(518) 329-4551
1677 COUNTY RT. 7A, COPAKE



VKLarsonCommunications is a boutique public relations and communications company based in Pine Plains and New York City. We specialize in writing, positioning and communicating helpful and effective messages to the right audience for businesses and organizations. Whether large or small, we create effective campaigns that bring results and satisfaction.

VLARSON COMMUNICATIONS

Nominated in 2015 for the Sustainability & Green PR Award

Communicating Substance with Style

victoria@vklarsoncommunications.com
www.vklarsoncommunications.com
@victorialarson

Call today for a no obligation analysis of your home or business!

Cornwall Plumbing & Heating



- Solar thermal systems
- Well drilling & water pumps
- Water treatment systems
- Radiant heat systems
- Septic / Drain snaking
- Ductless heating & cooling
- Hybrid electric water heaters
- Energy efficient heating systems

PLM.0284294-P1 • HTG.0402567-S9 • WWC.0000340-W1
STC.0000005-STC1 • HIC.0624692

Cornwall Bridge, CT • 860.672.6350


MARY MULLANE
REAL ESTATE LLC



Clermont



\$2,100,000



Taghkanic \$5,975,000



Hillsdale



\$2,750,000



Claverack



\$475,000



Ghent



\$1,175,000



Hudson



\$500,000

marymullane.com

345 WARREN STREET | HUDSON NY 12534
TEL 518.828.2041 | MARYMULLANE.COM

Growing my own food

By Claire Copley
info@mainstreetmag.com

When I moved from Manhattan to Dutchess County, I knew I wanted to try my hand at growing food. I love gardening, and flowers, but living in an agricultural area where farmers produce such wonderful produce was inspiring to me and I wanted to learn to grow food.

I built raised beds and filled them with good dirt. I had a fence installed and thought I was ready to go. That spring I planted all the usual things: tomatoes, lettuce, radishes, carrots, beets, chard, kale, and more. I sowed my seeds and waited.

What I got out of the garden that summer was minimal: small deformed carrots, large tough beets that looked nothing like the ones on the seed packet, dried up radishes, and a million cherry tomatoes that I and my husband could not possibly consume, and a few delicious eating tomatoes.



Learning and adapting

Year after year I tried, and largely failed to create a bountiful harvest. But I was learning. I began to see what grew well and what didn't. And how much of something we could eat. And what effect the changes in weather had. I tried growing artichokes one year and after devoting an entire season and a full bed to them, I got two small artichokes which went to flower (and as such were very enjoyable).

But I was beginning to feel a failure as a vegetable gardener. Maybe I should just continue to subscribe to one of the many wonderful CSAs in the neighborhood. I devoted less energy to the vegetables and went back to my flowers for satisfaction.

That made matters worse.

Start small

One tip that many vegetable gardeners offer is "start small." I, of course, ignored this. After all I had built a larger garden and I might as well use the space. One of the common errors for beginners is planting too much too soon and way more than anybody could eat or want. That was me, and I am still learning; plan carefully. Start small.

It began to dawn on me that vegetable gardening was a lot more complex than I thought. The one concept that hit me one day was that vegetable gardening is not a plant-and-wait process, the way a flower bed is. I had sort of mastered landscape design and I understood it as a process: prepare, plan, choose plants, plant them, water, and wait. Then, if something isn't right you move it.



Above: A lettuce, kale, and celery bed, planted early in the spring. Below, left: The wire mesh cover will get the cucumbers climbing and then get tilted up to grow lettuce underneath.

Vegetable gardening is completely different. It is a daily activity rather than a seasonal one. The goals are much more practical and shorter term. There are the daily chores of flower gardening like weeding and deadheading, but with vegetables it is all so much essential. It is more of a science, and skipping it means no, or a disappointing, harvest.

Harvest

The biggest difference between a landscape garden and a vegetable garden, it turns out, is the concept of harvest. I had to adjust my thinking to include this important aspect, though the abundance of varieties still makes me buy too many plants and over-plant in the beginning.

Vegetables must be planted on a rolling schedule so that you can harvest as you would shop, every few days. It seems the information on the seed packets is important – who knew? There is a little fact on the packet called "Days to Maturity." If you keep track of the date you planted it, you will know when to start checking for harvesting. Learn what to expect from your variety and monitor the plant closely as its due date nears. Also, pick fre-

quently!

Succession planting keeps the garden in continual production. Whenever one crop is harvested, have seedlings ready to transplant in its place. For the best results, use quick-maturing varieties to fit several crops into one season and spread out the harvest. The number of plants you need is substantially smaller than you think. Rather than twelve tomato plants, try five. Four zucchini plants are plenty. The same for cucumbers. Leafy greens just depend on how much you eat. But remember, they don't do as well in the heat of summer.

Shade and sunlight

Most vegetables and herbs require at least six hours of sunlight a day to grow, but some plants will tolerate partial shade. Great shade-tolerant vegetables include: beets, carrots, chard, cilantro, garlic, kale, lettuce, parsley, parsnips, potatoes, and spinach. To create shade in your garden, place these plants in the shade of a larger plant, vertical

Continued on next page ...



Above, top to bottom: Sturdy tomato cages are a must to keep heavy fruit from breaking the plants later on. Kale and arugula growing with onions.

growing plants, or in the part of the garden that loses sun first. You will find you should water less, and the greens will have fewer burned leaves.

The other cardinal rule that I ignored as a beginner: only grow things your family likes to eat. I struggled to grow beets for several seasons only to discover that my husband didn't really like beets. But harvesting greens and lettuce is our family's main pleasure. Summer, for us, is salad season. So, a variety of greens and peppers, cucumbers, and tomatoes is just about perfect for us. Radishes help, and celery is a great addition I have discovered. I grow a full bed of garlic and lots of herbs, but these are easier.

Seeding

I struggled for years to start seeds indoors and for some plants this worked well. Again, with a little knowledge I might have saved myself from failures. Most garden vegetables can be directly seeded where they are to grow: lettuce, beans, carrots, beets, chard, spinach, peas, cukes, and squash. Things that take longer to produce an edible fruit do better with a head start. I purchase

transplants for tomatoes, peppers, eggplant, and melons, but you can start your own indoors six to eight weeks before planting them outside. You can use grow lights in the garage or shed, or if it is still cold, you can start them inside the house. We have radiant heating under our kitchen and mudroom floor so a perfect spot is on the floor in front of the glass door to the terrace.

I have also learned to keep plastic milk jugs as they make ideal little greenhouses for starting plants.

The sea of information

The thing I have learned that every reader probably already knows is that all of this information, and much more, is available on the internet. All one has to do is sort through the thousands of "hits" to find a site that explains the various processes simply and carefully. Not so common.

YouTube videos are extremely helpful, but can be annoying. Nevertheless, what I do recommend is trying to do exactly what I did not — that is, try to understand the process before you begin. This may differ from crop to crop and may require a fair amount of time on the computer. I recommend *The Farmer's Almanac* site as it includes a wealth of information, is a known and reliable site, and has videos. While experimentation is fine in flower beds, it is less satisfying with vegetables.

Companion planting

Companion planting is a subject in itself. Simply put it is the art (science?) of planting a particular plant with other plants that complement each other in their strengths and weaknesses, likes and dislikes. It requires seeing the vegetable garden as a discrete ecosystem.

Growing flowers amongst your vegetables will attract beneficial insects and thus make pest control that much easier. Some plants, like marigolds, will attract beneficial insects while at the same time repelling others. This type of planting is also beneficial in suppressing weeds.

The needs of a veggie garden

Vegetables require daily monitoring. Weeding, thinning, harvesting, re-seeding, watering, and checking for pests are all activities that must be done regularly to avoid disaster. It is a different sort of character that makes a great vegetable gardener than she who succeeds at landscaping. Landscaping is far more forgiving as we can dig up and move plants that we planted in an inappropriate location, or cut back plants that become unruly. We can dig and divide, make new plants from cuttings, correct mistakes. But vegetables need a good deal more thought, and activity.

In a vegetable garden, every plant is different and requires different treatment. There is an astounding amount of information on each to read and absorb. It is true that some will grow without their specific needs being met. But to get a great tasting tomato is different than just growing tomatoes. And getting delicious succulent peppers with the particular qualities of taste you want is a science, make no mistake. Perhaps it is a right-brain-left-brain dichotomy, but I will continue to work on my vegetable growing skills and hope that understanding will come, albeit one season at a time. ●

The ideal venue & location for your perfect day

CATSKILL VIEW

WEDDINGS & EVENTS



CALL 518 592 1135 • CATSKILLVIEWWEDDINGS.COM

Maintenance | Remodels | Additions | Windows & Doors
Design | Renovations | Construction | Repairs
Preservation & repair | Homes & Barns
Quality craftsmanship & Solutions

RESTORATION & CONSTRUCTION

DAVID JAMES VALYOU

Home: 860 435 9799 | Cell: 917 538 1617
davidjamesvalyou@gmail.com | Lakeville, CT



Best & Cavallaro Real Estate

LOG RETREAT IN BOSTON CORNERS - New listing!

Charming, well-built log home in Ancram, NY on 2 acres on spring-fed pond, peaceful setting with mature trees and gardens; sits along Noster Kill stream with native brook trout. Open floor plan, living, dining room and kitchen; woodstove; MBR en-suite with newly-remodeled bath. Includes smaller log building with loft and electricity for studio or guest area. **\$349,000.**



EXCEPTIONAL LAKEVILLE ESTATE - New price!



Light-filled, private, 7 bedroom, 7 bath estate near Hotchkiss and Indian Mountain Schools with high ceilings, mountain views; LR, library and family room with fireplaces; luxurious 1st floor master suite; 3-car garage with office/studio above and guest house w/fireplace, 3 BRs, 2 baths; a Gunite pool completes this great oasis. **NEW PRICE! \$2,495,000.**

5 Academy Street • Salisbury, CT
bestandcavallaro.com
860.435.2888



PEONY VODKA

Millerton, New York



Versatile with a
subtle whisper
of flavor. Available
online and in
fine restaurants &
liquor stores.

Oprah Magazine

*The 'O' List
Editors Pick!*

**Virtuoso Life
Magazine**

This Bud's For You

MIC.COM

*Your New Favorite
Cocktail*



peonyvodka.com

845.702.3903 • peonyvodka@gmail.com



We're [👑]on the move!
Energy for your lifestyle



***Happy birthday America
and happy summer!***

***Pool season is here – is your pool
ready? Has the pool's propane unit
been serviced? Has the propane tank
been filled?***

***If not, it is time to call your friendly
propane service providers at Crown
Energy!***

SERVICES:

Propane • Heating Oil • Diesel Fuel • Gasoline
Kerosene • Heating Systems • Service
Installations • 24 Hour Service

***1 John Street, Millerton, NY 12546
(518) 789 3014 • (845) 635 2400
www.crownenergycorp.com***

The restaurant at the end of our world



By CB Wismar
info@mainstreetmag.com

When you get right down to it, it's a restaurant named for a dog.

"Hanq" is not a person. It's not a nickname for a favorite uncle. It's the name of Kris Kelsey's 30 pound "puggle," and the choice of names says a great deal about HANQ'S at 131 Water Street in Torrington, CT.

HANQ'S is a casual place, fueled by the emotional decisions and the relentless dream of its owner and delivered on a daily basis by an exceptional kitchen team led by Chef Mike Wilusz and a staff that is friendly and helpful without ever being overbearing.

Bringing the best of farms and markets to the table

Born of Kris Kelsey's fascination with creating an entire entertainment experience, HANQ'S celebrated its first anniversary in June, 2017, and continues to offer imaginative menu selections, a lush selection of draught beers, a solid wine list, and daily surprises that

bring the best of the markets and farms right to the table.

"I wanted to create an environment where people want to 'have a moment.' We want people to feel comfortable staying here for several hours, enjoying the food, the entertainment, and the conversation." Kris Kelsey is much more interested in customers wanting to come back again and again than rushing through an evening meal and disappearing into the night.

Where would you like to sit?

HANQ'S offers three dining areas in its second floor location in Torrington. The tap room has all the comfortable feel of a classic bar environment staffed with bartenders who are as adept at creating named cocktails and seasonal specials as they are being patient as patrons encounter an array of tap beers that come from breweries with names like Lord Hobo and Against the Grain.

The dining room is an L-shaped affair with enough room between tables to not feel like diners are crammed in and have to keep apologizing for bumping into

their neighbors. "We wanted to make sure that if people want to move around and talk to friends, they can be comfortable," asserts Kris. "You've made the decision to spend your evening with us. We're going to provide great food and the chance to relax and enjoy yourself." A recent study of patrons revealed that a typical stay at HANQ'S is close to three hours. The timing of the food service is crisp and efficient. The choice to stay in place is up to the customer.

A third space that entices patrons during the late spring, summer, and early autumn months is the outdoor deck. Sixty seats reflect the Kris Kelsey philosophy of "comfortable space," with room still left for live bands and the bountiful herb garden that supplies the restaurant.

Let us entertain you

The entertainment part of the HANQ'S formula tends to be jazz, local and accessible. The stage in the main dining room is large enough to hold a five piece jazz band, but not intrusive into the space.

Kris Kelsey placed HANQ'S in Torrington at the edge of what is becoming known as "the Arts District," because "I'm comfortable

here." A native of nearby Winsted, CT, Kris had ventured out of the region to pursue a college basketball career in Santa Barbara, CA. "I went from college into the recording industry into entertainment," acknowledges Kris with a hint of a smile. Santa Barbara became Los Angeles became Las Vegas and Kris was launched in a career in entertainment. "I wanted to have a place of my own ... and apart from the weather, this is the area that attracted me." Northwest Connecticut meant family and the inherent sense that there was great opportunity here.

"In the 1980s, there were a dozen bars and restaurants in Torrington that were bustling with regular customers. When the town began to fade, so did those businesses." Kris Kelsey believes that Torrington's time is returning, and he wants to be part of the renaissance. "I want people to be able to walk around, to stop in places they like, see friends, enjoy the evening." HANQ'S is his effort at laying the foundation of that imagined future, and it is working.

Continued on next page ...



Above, top to bottom, L-R: The rooftop seating area. The rooftop herb garden. "Air Cooled" D'Artagnan Oven Roasted Chicken. Kris Kelsey. Chef Mike Wilusz. Photos courtesy of CB Wismar and HANQ'S.

An imaginative collaboration

Restaurants can be judged on many factors: ambience, staff attitudes, location, pricing, and, most importantly, food. The imaginative offerings that come from Mike Wilusz's kitchen reflect the open and honest collaboration of Mike, Kris, and the rest of the culinary team. "We experiment, we test, we sample," says Chef Mike, "then we offer new dishes as specials to see how the customers respond." A new menu, appearing right after the 4th of July, is a real challenge.

"We have regulars almost pleading with us not to change out some of the dishes on the summer menu," reflects Kris Kelsey. "Some of the items will stay, but we're excited about the seasonal offerings and some new relationships." There are rumors of ice cream specialties from a premium Connecticut ice cream shop that will be paired with fresh mint from the rooftop garden and Caribbean dishes that will introduce an entirely new audience to the wonders of malanga root chips and chimichurri sauce.

Worth the journey

For some, the notion of venturing to Torrington to try a new restaurant is close to the idea of sailing to the end of the earth. If home is Ancramdale, NY or Housatonic, MA, there may need to be a reliance on the GPS to find one's way to Water Street. In this case, it is less about the journey and more about the destination. The Litchfield Hills are verdant this time of year with sweeping vistas and seemingly endless views of stone walled farms and pristine white churches set in quaint villages. This road trip has a specific destination, and the scenery is merely an added benefit.

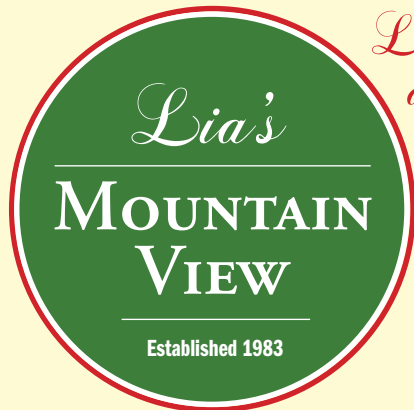
HANQ'S offers such a complete dining experience – from the trip

up from street level through the hallway of open brick, the wide wooden stairs to the welcoming host station ... to the menu that is compact, but complete and entertainment on selected weekends that completes a full, immersive evening. There is a bit of HANQ'S that is reminiscent of the great jazz clubs of New York and Chicago with the addition of a menu offering Asian Lacquered Ribs, Chicken N Waffles 3 Ways, "Air Cooled" D'Artagnan Oven Roasted Chicken and Sweet English Pea and Onion Ravioli.

"Our guests come from all directions," reflects Kris. "We have regulars from West Hartford, New Milford, a large percentage from Litchfield, and a steady number of reservations with 917 (New York City) area codes." In Kris's observation, New Yorkers have begun discovering Torrington, and HANQ'S is a solid first stop in that discovery. "You've got great towns that are accessible to New York – New Milford, Great Barrington – and it could be that Torrington is next."

Whether Kris's passion for the area is borne out, or not, will take some years to resolve. In the meantime, his comfortable, welcoming restaurant should be a strong enough magnet to entice lovers of good food, good music, and a lovely evening to make the trip. HANQ'S is open Wednesday through Sunday with extended hours on the weekends to accommodate "those who lunch," and the night owls who want to stop in for a piece of Chef Mike's flourless chocolate cake with pistachio brittle, or to spend a few moments in conversation with Kris Kelsey, whose dream has become a restaurant. •

HANQ'S is on the second floor at 131 Water Street in Torrington, CT. The phone number, (860)309-7200, is best for reservations and information about upcoming performances. A new website is in the works, but until that arrives, HANQ'S is active on Facebook.



*Lia's catering services
are available on and
off the premises*

HOMEMADE EVERYDAY ITALIAN FOOD
CATERING • GRADUATIONS & PARTIES
OUR OUTDOOR PATIO OVERLOOKS
STISSING MOUNTAIN!

Hours: Tues-Thurs: 11.30am-9pm
Fri-Sat: 11.30am-9.30pm • Sun: 4pm-8.30pm • Closed Mon

518-398-7311 • WWW.LIASMOUNTAINVIEW.COM • 7685 Rt. 82, PINE PLAINS, NY



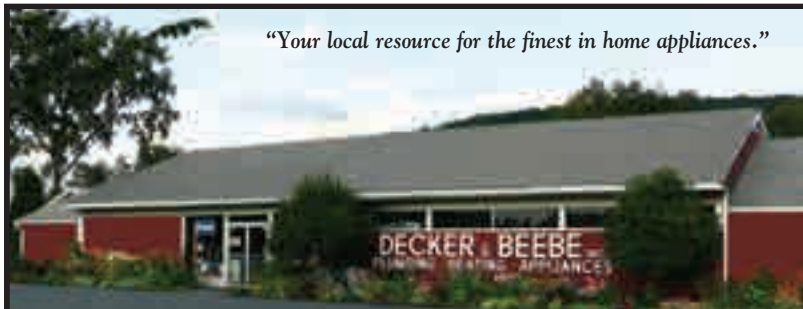
*Big block dreaming...
it's time to wake up!*

*Specializing in full mechanical
restoration, repair & maintenance
of all classic cars*

**CLASSIC AMERICAN
CARS** Sales & Service



860-596-4272 • OPPOSITE LIME ROCK PARK
438 LIME ROCK ROAD, LIME ROCK, CT 06039
WWW.FACEBOOK.COM/NORTHWESTCORNERCLASSICCARS



"Your local resource for the finest in home appliances."

Featuring:

Sub-Zero • Wolf • Viking • Miele
Bosch • Electrolux • KitchenAid
BlueStar • Fisher & Paykel • GE
Hotpoint • Miele Vacuums • Frigidaire
Liebherr • Samsung



404 Ashley Falls Road (Route 7)
Canaan, CT
(860)824-5467
www.deckerandbeebe.com

Michael D. Lynch*

ATTORNEY AT LAW

106 Upper Main Street • PO Box 1776 • Sharon, Connecticut 06069
(860) 364-5505 • MLynch@MichaelLynchLaw.com
www.MichaelLynchLaw.com

* Also admitted in New York State



PRECISION
AUTO STORAGE

COMING SOON
to Route 22 in Millerton, New York

Please call or email to reserve your 6, 12,
or month-to-month memberships for the 2017 season.

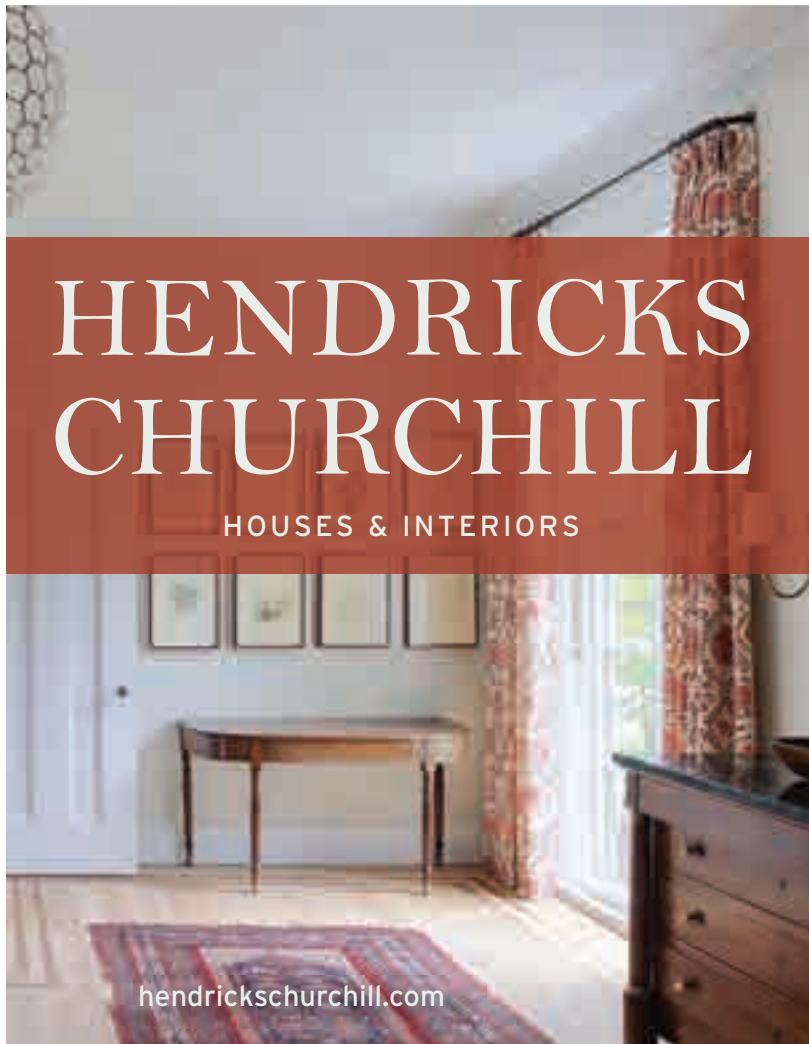
Call 917 715 0624
dan@precisionautostorage.com • www.precisionautostorage.com

OPENING
SUMMER 2017

CASANA



2633 State Route 23
Hillsdale, NY 12529
P. 1-518-325-6105
info@casanatea.com
www.casanatea.com



HENDRICKS CHURCHILL

HOUSES & INTERIORS

hendrickschurchill.com




SINCE 1977

We are arborists devoted to the skillful, artistic, and innovative care and removal of woody plants, trees, and shrubs in the tri-state region.

Trees please

RON & KIERAN YAPLE
Licensed/Certified Arborists
Tri-State Region

(413) 229.2728
www.RaceMtTree.com

Beautiful frames from Frugal to Fabulous!






GILDED MOON FRAMING & GALLERY

What can we frame for you?

17 John Street • Millerton, NY • 518.789.3428 • www.gmframing.com

COPAKE LAKE REALTY CORP.



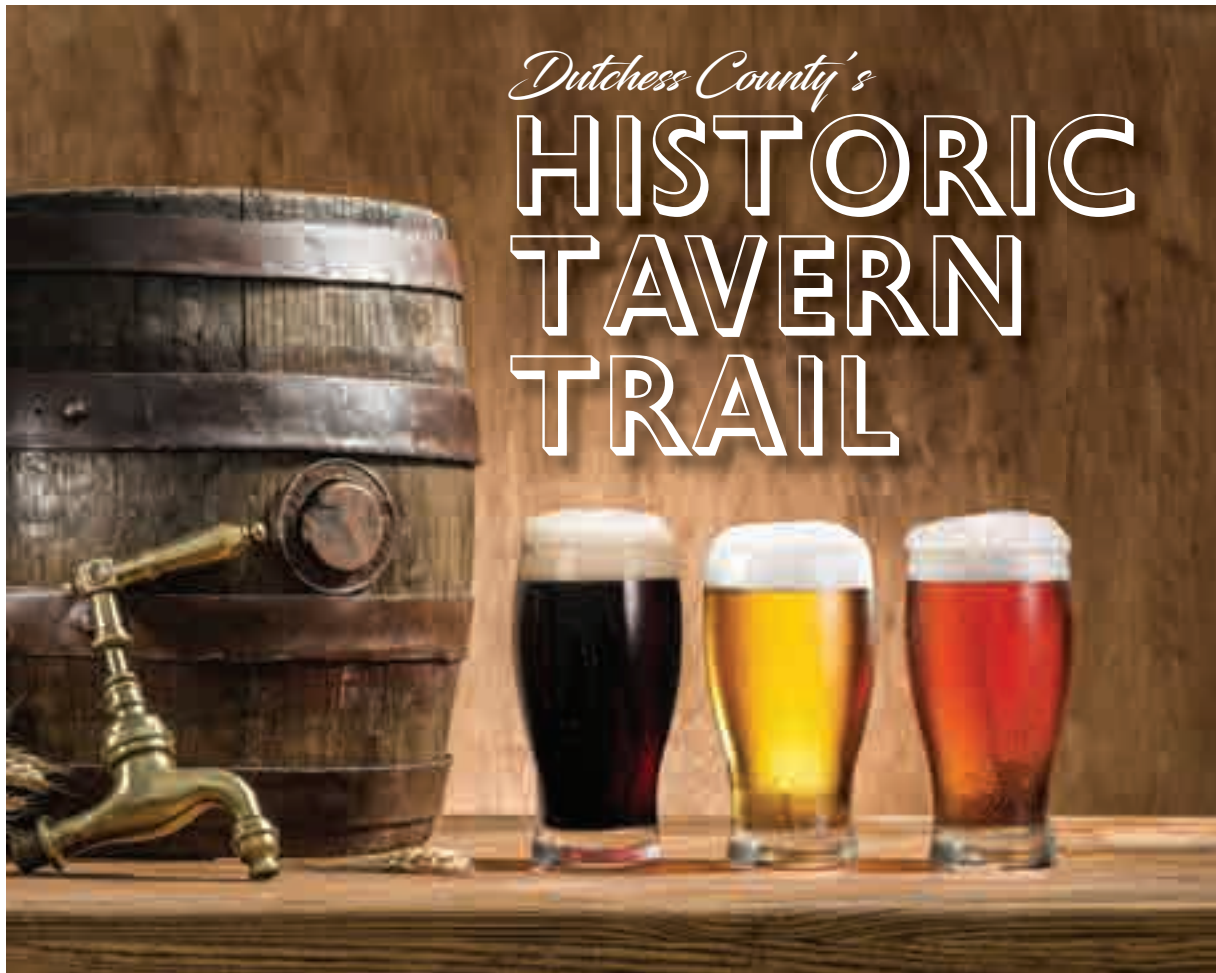


Home is Where the Heart Is. This 3BR, 2BA ranch is on almost 1/2 acre in Taconic Shores, a private lake community. At the center of this home is the open kitchen/living/dining rooms. Master suite on one side of the house. Two bedrooms and full bath on the other side of the house. Updated kitchen with granite counters. Covered and screened porch is just off the kitchen. Full basement with workshop and plenty of storage. Attached one-car garage. Just a short distance to the community's beach. It would be our honor to introduce you this home. Listing Price: \$225,000

Lindsay LeBrecht, Real Estate Broker
Copake Lake Realty Corp.

285 Lakeview Road
Craryville, NY 12521

(518) 325-9741
www.copakelakerealty.com



By John Torsiello
info@mainstreetmag.com

Dutchess County's HISTORIC TAVERN TRAIL

each month visit a notable tavern, or site of a former tavern, and enjoy a taste of local beers, other beverages, and *hors d'oeuvres*, along with a brief discussion of the history of the tavern/building.

During June, the Trail stopped in Millerton, where some three dozen attendees learned how the expansion of rail lines through Dutchess County connected New York City and gave birth to new towns. Millerton was one of them, a one-time booming railroad town filled with hotels, bars, and all manner of entertainment. Those in attendance were informed about the Prohibition Era in the area, “exploding stills, busted oyster bakes, and a variety of other colorful tales of liquor and crime in one of the county’s most scenic villages.”

“This is our second year of operation and we can see that the program’s reach is expanding,” explained Dr. William T. Tatum III, Dutchess County Historian. “We kicked off the 2017 series at the Beekman Arms in Rhinebeck, NY, with a stronger showing than last year and our MeetUp group (www.meetup.com/dutchesstaverntrail) has more members than ever. We’re hearing a lot of buzz about the programs in the history community and, best of all, we’re seeing many new faces showing up to these gatherings.” The Trail will stop at two new locations in 2017, the Millerton Inn and Charlotte’s Restaurant in Millbrook on July 14.

Connecting the links

The Tavern Trail seeks to highlight the links between iconic historic buildings, local cuisine, and county culture. The events seek to place each community in a spotlight that explores their distinctive characters and how people have chosen to live over the county’s three centuries of history.

Said Tatum, “We’re all about providing opportunities to learn more

The tavern has been a part of everyday life in America since the country’s very outset.

Ironically, those supposed teetotalers, the Puritans, are reported to have established the first tavern, then called an “ordinary” in 1634. It is believed that the White Horse Tavern in Newport, RI, may be the tavern located in the oldest building. Reportedly, the Blue Anchor in Philadelphia swung open its doors and welcomed thirsty customers in 1681. And some believe that the oldest continuously operating tavern is Jean Lafitte’s Black Smith Shoppe in New Orleans, LA.

Historical significance

The tavern is also linked closely with the birth of the United States. Boston patriots often met in taverns to discuss their plans of revolt against British rule in the 1760s and 1770s. (Does the name Samuel Adams ring a bell?)

According to historical references, City Tavern in Philadelphia served as an unofficial meeting place for the

First Continental Congress, and Congress met at the Fraunces Tavern while City Hall was being constructed.

Taverns have served as meeting places throughout the nation’s history, where everything from a simple game of cards or billiards to beer, liquor, and food could be had. Often, horse races began and ended at taverns, as did militia-training exercises. Newspapers were read aloud, allowing rapt audiences at taverns to keep up with the goings on in faraway places, including their homelands in Europe. Larger taverns provided rooms for overnight stays, and what would now be called upscale taverns had a lounge with a huge fireplace, a bar at one side, plenty of benches and chairs, and several dining tables. The best houses had a separate parlor for women. Incidentally, it is reported that during the Colonial period, roughly 40 percent of taverns/inn were owned by women.

Dutchess County taverns

Dutchess County naturally had its fair share of taverns, and the County’s Tourism board launched what has become a very popular Historic Tavern Trail several years ago. Participants

Continued on next page ...

about the history that is imbedded in the local landscape and which we walk by on a daily basis.”

Tatum told of the genesis of the Dutchess County Tavern Trail. “My counterpart across the Hudson, Orange County Historian Johanna Yaun, started a tavern trail series back in 2015. County Executive Molinaro and County Clerk Kendall loved the idea, so I received permission to launch a similar program here. We started last year with eight host sites, ranging from the Round House restaurant in Beacon to Dutch’s Spirits in Pine Plains. The hosts and the attendees love it, so we’ve kept on planning more events.”

The Trail’s popularity

The Dutchess County Historic Tavern Trail is a “friend-raiser” event for the county history community. Each event features a brief (20 to 30 minute), casual presentation of interesting history stories from the local area, followed by dinner and drink specials at the host location.

“My office partners with the local historical societies to insure that we offer accurate and entertaining insights,” said Tatum. “In contrast to the lectures and other events on offer, the Tavern Trail seeks to reach people who might have a passing interest in history and are up for a fun, informal event that mixes history, cool locations, and outstanding local cuisine.”

So far, the public has responded

favorably. “Attendance varies depending on the location and the time of year, but has always been enough to keep us moving forward,” said Tatum. “Attendees often leave testimonials on the MeetUp page, always praising their experience.” Past programs have been lauded as “Lots of fun, informative,” “Great way to spend a mellow Friday night. History fans will love it,” “Very enjoyable. Thanks to all who worked so hard to make it possible,” and “Lived in Dutchess my whole life and never knew of Dutch’s Spirits. Fantastic Job!”

How it works

Said Tatum, “We will continue to pursue the seven-site model, where we

visit a different location on the second Friday of each month from May to October. To keep things fresh, we’ll have a different theme every year and also rotate host locations. Our theme in 2016 was historic taverns, this year we’re exploring Temperance and Prohibition. So, every event features a different set of stories, either about the gangster era of underground distilleries and sheriffs raids, or the decades of calls for outlawing liquor that stretch back into the eighteenth century.”

In 2018, the Tavern Trail will be focusing on World War I, highlighting the local connections to the fighting in France. “We are already scouting new locations, with hopes of adding communities, including Amenia to the tour.”

“We’ve had a strong positive response from our hosts, whether they be historic sites (like the Elmendorph Inn in Red Hook) or restaurateurs. They all seem to appreciate the historical nature of their locations and the work we put into bringing new audiences to them. The program has been a great way for building closer links between history and the business community, which is a natural pairing in a county as old as Dutchess.” ●

To learn more about the Dutchess County Historic Tavern Trail, visit them online at www.DutchessTourism.com.



Above: The newly renovated Millerton Inn is on the tour this year, making a stop on July 14th. Photo by Olivia Valentine Markonic. Below, left: A photo from the Tavern Tour in 2016. Photo courtesy of William Tatum.





HOUSE SURGEON

Hardwood flooring • Installation and re-finishing
Interior and exterior painting
and "Honey do lists"

LARRY SELFRIDGE • 518 256 1861

tristate antique restoration



SPECIALIZING IN ANTIQUE
FURNITURE RESTORATION

CONALL HALDANE | proprietor

191 wilsie bridge road | ancramdale, ny 12503
518 329 0411 | www.tristateantiquerestoration.com



High Quality Commercial Printing.

- Digital & Offset
- Newsletters
- Brochures
- Catalogs
- Stationary Packages
- Pocket Folders
- Calendars
- Invitations
- Direct Mail

SNYDER

PRINTER

691 River Street
Troy, NY 12180

P 518.272.8881
F 518.272.8935

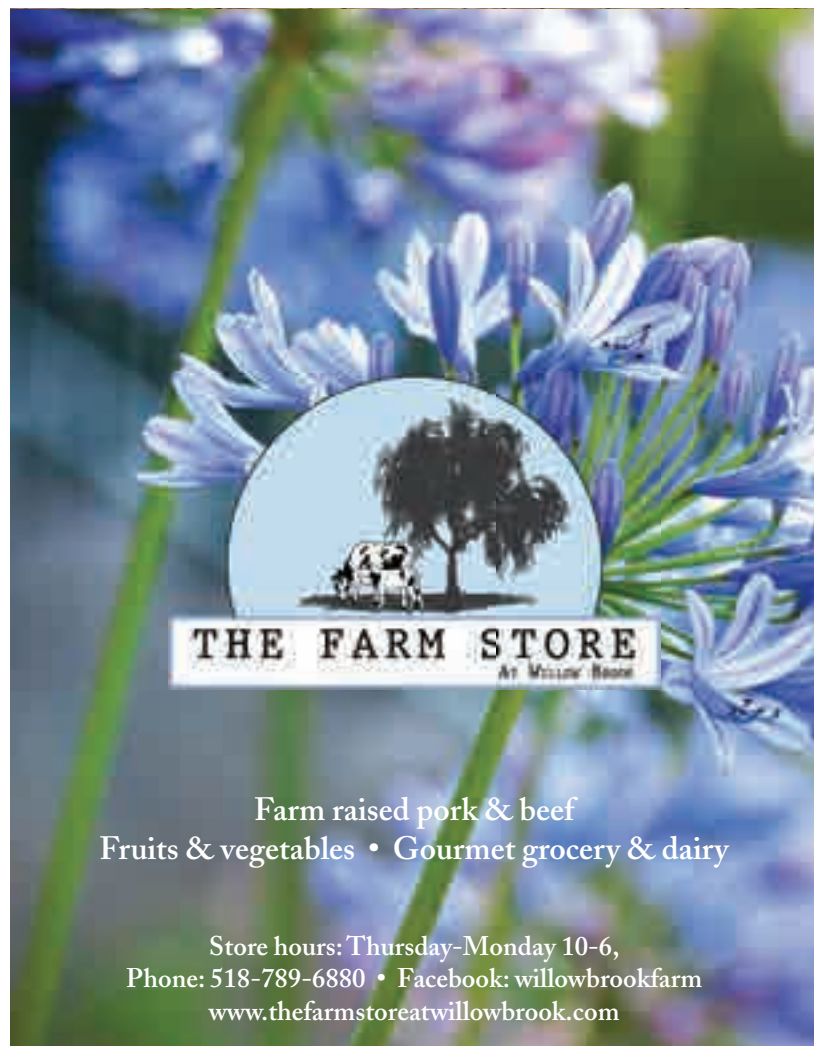
www.snyderprinter.com



WES
845-685-1099
AUTOBODY

- 24 Hour Towing
- Aluminum and Steel Welding
- Insurance Claims
- Complete Auto Body Repair
- 4x4 Truck Accessories
- Environmentally Friendly

3718 Route 44, Millbrook, NY 12545 www.WesAutobodyWorks.com



THE FARM STORE
At Willow Brook

Farm raised pork & beef
Fruits & vegetables • Gourmet grocery & dairy

Store hours: Thursday-Monday 10-6,
Phone: 518-789-6880 • Facebook: willowbrookfarm
www.thefarmstoreatwillowbrook.com

JENNINGS & ROHN MONTAGE WELCOMES OUR NEW POP UP!



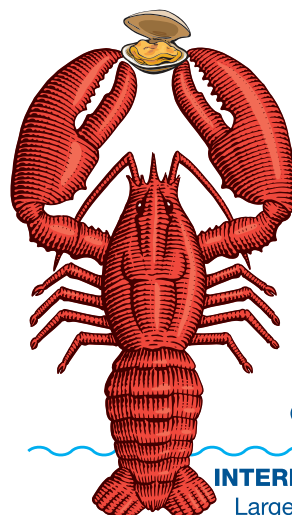
PILLARS ANTIQUES AT MONTAGE

#YOUR SOURCE FOR ANTIQUES #REAL AND TANGIBLE

860-485-3887 • 25 MAIN STREET, MILLERTON, NY
www.jenningsandrohnantiques.com



INTRODUCING **Maine Lobster To-Go Cart**



at the  **Interlaken**

Maine Lobstah Rolls.....\$20
 Clam Chowdah.....\$8
 Cold Drinks.....\$3
 Chips and Snacks.....\$2

Open Friday to Sunday, 12-6

INTERLAKEN INN 74 Interlaken Rd, Lakeville, CT
 Large take-out order? Pre-order at 860-435-9878

Rain may close the cart down but orders to-go always available through our kitchen!

We also serve our Lobster specialties and other delicious seasonally-inspired cuisine in Morgan's every day.

Open 7 Days for Dinner, 5-9 pm
 and Lunch served Friday - Sunday

Find hours and menus on our website:

InterlakenInn.com

860.435.9878 | 800.222.2909



74 Interlaken Road
 Lakeville, CT

HOTCHKISS SUMMER PORTALS 2017 PIANO CONCERT SERIES

| | |
|---|--|
|  | Sunday, July 16 - 4:00 pm BORIS BERMAN |
|  | Wednesday, July 19 - 7:30 pm LUIZ DE MOURA CASTRO |
|  | Saturday, July 22 - 7:30 pm 5 YEAR ANNIVERSARY GALA FABIO AND GISELE WYKOWSKI WITH THE FINE ARTS QUARTET |
|  | Tuesday, July 25 - 8:00 pm YURI BOGDANOV |
|  | Thursday, July 27 - 7:30 pm OXANA YABLONSKAYA |
|  | Saturday, July 29 - 8:00 pm GRAND FINALE CONCERT |

YOUNG ARTIST CONCERTS:
 Saturday, July 23 - 4:00 pm
 Sunday, July 24 - 4:00 pm
 Wednesday, July 26 - 7:30 pm
 Friday, July 28 - 7:30 pm

*All tickets include a complimentary reception.

ALL CONCERTS FREE AND OPEN TO THE PUBLIC.
Please remember to bring your own chairs and blankets. No additional information tickets should be needed.

THE HOTCHKISS SCHOOL
 KATHERINE M. ELPERS HALL • ESTHER EASTMAN MUSIC CENTER
 12 INTERLAKEN ROAD, LAKEVILLE, CT
WWW.HOTCHKISS.ORG/SUMMER • (860) 435 - 3775

Thinking locally can also mean thinking outside the box

Chef Dan Kish consults nationally for the food industry, but for the past 20 years, he and his wife Cindie have also fed three kids here in Millbrook.

"I know how challenging that can be," he says. That's why Dan started Market Kitchen - available at Marona's - because, "what's good for Millbrook is good for the rest of the country."

Dan came to the Bank of Millbrook with an innovative approach to small-town business. Build an industrial kitchen for his national business and keep it busy by bringing in catering and production for boutique labels, all while making fresh, affordable food for the village. Not every bank would see the value in that kind of outside-the-box thinking. We saw it as the kind of business we'd like to help Dan build.



BANK OF MILLBROOK
The Strength of Relationships

(845) 677-5321 BANKOFMILLBROOK.COM
 3263 FRANKLIN AVE. MILLBROOK
 5094 ROUTE 22 AMENIA
 2971 CHURCH ST. PINE PLAINS
 11 HUNNS LAKE RD. STANFORDVILLE
 MEMBER FDIC

Dan Kish
Market Kitchen
Customer since 1997

Lawn gone: Nourishing our ecosystems with meadows

By Mary B. O'Neill, Ph.D.
info@mainstreetmag.com

The American Dream of homeownership, good fences making good neighbors, and lush, rolling lawns – it's the mythic trifecta of life in these United States. Or is it? Homeownership is down, while fences and divisions of all kinds are up, to the point where don't even want to see our neighbors.

Perhaps it's time to rethink the last component of a life well lived – the lawn.

By educating ourselves about the history and consequences of lawns we can see there is no commandment dictating that thou shalt have one. We can redefine beauty and order, make better use of our land to feed the insects and animals upon which our survival depends, and see ourselves as part of a larger natural order.

This move takes us from a combative anthropocentric view of nature, where humans are at the center of all thought and action, to a biocentric view, where we are one species among many on a more equal footing.

Roots of the lawn

The Lawn Institute, dedicated to the improvement of lawns everywhere, defines the lawn as that “portion of a yard or land area covered with mowed turfgrass plants.” Dr. James B. Beard, turfgrass scientist, writes that humans have spent centuries and vast resources to achieve the functional, recreational, and aesthetic benefits of turfgrass.

Beard asserts that “The more technically advanced a civilization, the more widely turfgrasses are used.” Hmmmm.... That's a statement worth



Above: Maturing wet meadow, second year from seed, done totally organically – no synthetic herbicides. Formerly, the site was infested with Mile-A-Minute vine, Porcelain berry vine, Multiflora rose, etc. Below, left: McKinnis Garden, New York Ironweed greets you as you enter. Photos by Mike Nadeau.

thinking about. It illustrates the interplay between technological advance and our increased determination to disrupt and degrade the complex natural systems that have served the earth – and us – so well over evolutionary history.

Earlier in that history, short grasses over large expanses made it easier for us to see attacking animals and people. As walls and fortresses took over that function, grass sprouted into a position of privilege and leisure, allowing for perambulating and outdoor games such as tennis and croquet. Large parklands spoke of the wealth required to maintain them.

Field of dreams

The idea of the individual lawn was fertilized in the post-Civil War era. Michael Pollan, in his essay *Why Mow?* describes Frederick Law Olmsted's role in planting the seeds of turfgrass in his early suburban community design. Through his efforts, and those of other notable designers such as Downing, Vaux, and Scott, the lawn became democratized.

No longer a sign of privilege as in England, the American lawn could

beautify the suburban home. Pollan writes, “The American lawn is an egalitarian conceit, implying there is no reason to hide behind hedge or fence since we all occupy the same middle class. We are all property owners here, the lawn announces, and that suggest its other purpose: to provide a suitably grand stage for the proud display of one's own house.”

Pollan also identifies the dark, coercive side of lawn maintenance, particularly in the suburbs. The pressure to maintain and conform reigns supreme. Lawns must be edged and mowed. Uniformity and order must be maintained. Those who subvert these suburban laws of nature are punished.

It's not easy being green

And so, we sow the seeds of our own destruction. In the name of the American Dream and suburban idyll we mow, weed, de-pest, and fertilize. However, that maintenance has costs to us and the environment beyond mere dollars.

Scientists and researchers from NASA, NOAA, and universities in Colorado and Montana recently

asserted that there's an estimated 163,812 square kilometers – 63,000 square miles – of lawn in the US. That's three times larger than any other irrigated crop. And while lawns do sequester carbon, i.e., keep it in the ground where it belongs, that benefit is reduced by up to 35 percent due to carbon emissions from fertilizers and lawn and garden equipment.

According to an EPA study, in 2011 gas-powered lawn and garden equipment belched approximately 26.7 million tons of pollutants. This accounts for up to 45 percent of all non-road gasoline emissions. The EPA predicts that in 2018 there will be roughly 136 million pieces of lawn and garden equipment being used in this country.

A very dry toxic cocktail

The NASA study, mapping the ecological effects of US lawns, warns that “if the entire turf surface was well watered following commonly recommended schedules there would

Continued on next page ...



**SALISBURY
WINES**

(860) 435-1414 • 19 Main Street, Salisbury, CT
www.salisburywines.com • wine@salisburywines.com



Wine • Spirits • Beer • Tastings • Classes
Open Monday through Saturday 10-7 • Sunday 11-5

LOCALLY OWNED AND OPERATED
SINCE 1983 BY CARL MARSHALL.

HOURS: MONDAY-THURSDAY 9-5,
FRIDAY 9-6 & SATURDAY 9-12

FEATURING: LAFONT, SILHOUETTE,
RAY-BAN

860 364 0878

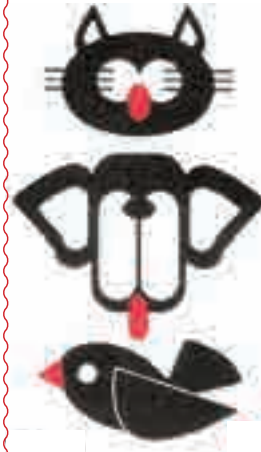
26 HOSPITAL HILL ROAD
SHARON, CONNECTICUT
SHARONOPTICAL@ATT.NET
WWW.SHARONOPTICALCT.COM



HyltonHundt

518.789.9390

Route 44 East | Millerton
hyltonhundtsalon.com



*Catering to the needs of the
well-loved pet since 1993*

Petpourri
We love your pets.

SUPER PREMIUM PET FOODS • RAW DIETS • QUALITY TOYS, TREATS
& ACCESSORIES FOR YOUR DOG & CAT — MANY MADE IN USA

Hours: Monday-Friday 9-5:30, Saturday 9-4
333 Main Street, Lakeville, CT • Phone: 860-435-8833



5409 Route 22, Millerton, NY 12546
518.789.4191

Farm Market & Bakery
Specialty Groceries
Certified Organic Meats & Produce
Daily Lunch Specials
Nursery Plant Starts
Organic Soils & Compost

Visit our website for hours,
events & specials at:

mcenroeorganicfarm.com

IT'S BACK
**THE
THRILL
OF THE
GRILL**

LOCALLY SOURCED CHEFS, FOOD, LIBATIONS • LIVE MUSIC

GRILLSDALE 2017

SAT. AUG. 26 @ 6:30PM ROE JAN PARK HILLSDALE, NY
TICKETS • DETAILS AT GRILLSDALE.COM

also be an enormous pressure on the US water resources, especially when considering that drinking water is usually sprinkled.”

As it is, the average household sprinkles 30 percent of its daily water consumption on its lawn and garden. All told, Americans cumulatively use nine billion gallons of water a day for landscaping purposes – that’s more than we use for showering and washing clothes combined.

Chemical fertilizers, pesticide, and herbicides bring their own issues. They run off into our waterways, increasing nitrogen levels and causing algae blooms that make it difficult for aquatic species to survive. Due to their highly toxic composition, they also cause cancer and other illnesses in humans and animals.

Not to take the name of the lawn in vain, but when you put all these facts together, it’s a pretty toxic and resource-heavy burden for us and our suffering Earth to shoulder.

Beauty is not lawn deep

Maybe we need a paradigm shift. Perhaps there’s another way to define the beauty and order in our yards.

When we look at a well-manicured lawn, we think we are seeing order, symmetry, and aesthetic appeal. But our efforts to create that enhanced beauty creates chaos on a deeper level. The complex system of relationships present in soil microbes, food webs that convert the sun’s energy into a form usable by living creatures, and relationships of diversity and specialization that exist between plant and animal species, are all part of a larger plan that’s at play. In this plan, we’re not the main character. Heck, we’re not even all that useful.



The good news is, you don’t have to roll back all your lawn. Think critically about the areas you use for recreation and leisure. Apply some of that tiny house mentality to your lawn. How much do you really need? Given our tick-infested landscape, that square footage is probably not that big. We’re not jumping in leaf piles and rolling around on lawns like we were in the pre-Lyme days.

Once you determine your outdoor lawn needs for aesthetics, relaxation, and entertaining, you can begin to think about how the remaining land can be used. One possibility is creating a meadow.

Servants of the land

Sharon, CT-based land experts and life partners Robin Zitter and Michael Nadeau have committed much of their working lives to doing what the land asks of them, not what they force it to do. Both have extensive experience creating meadows and restoring tired, degraded land to productive and healthy terrain.

Zitter’s connection to the earth is palpable and respectful. You can almost imagine that if she sat still for too long she’d grow roots into the earth. Her clients are loyal and longstanding and she grows deep attachments to the land as she listens to it.

Nadeau, owner of Wholistic Land Care Consulting, is fiercely committed to lawn alternatives and organic gardening methods. He’s a born storyteller and nature protector, reminiscent of Teddy Roosevelt right down to the full moustache (minus the pince-nez).

One of the traits Zitter and Nadeau share is a humility in their relationship with the earth. They see land as part of an integrated whole that must be thought of as such. Blending boundaries and creating interrelationships between spaces and elements define their approach.

Fooling with Mother Nature

Traditional lawns, mostly from European descent, are monoculture. “This means there’s no diversity. One plant is being cultivated to the exclusion of others,” explains Nadeau. That’s not the way nature works. Natural systems are diverse, with complex interrela-



Above: Meadow as lawn alternative. These photos are year one after seeding and plugging live plants. Below, left: The bucolic look, milkweed and butterfly weed in meadow. Photos by Mike Nadeau.

tionships and back-up plans. Where lawns lack diversity, meadows restore it. This diversity of plant life provides important food sources for a variety of insects and animals, further enriching the diversity of a landscape.

Meadows return us to a more harmonious relationship with the land. They create minimal disturbance and help restore the land to a more pristine state. Maintaining meadows requires no chemical pesticides, herbicides, or fertilizers.

However, transition from an existing vegetative state, be it lawn, invasives or woods, to meadow usually requires the use of herbicides – either organic or synthetic. Nadeau elaborates, “Robin and I have done meadows without herbicides but it is a more costly and time-consuming proposition. Clients usually choose the herbicide route – either organic or synthetic. Once the meadow is properly established no herbicides are necessary.”

Native meadow plants, meaning those that are indigenous to the area, don’t rely on nutritional inputs. They use their own waste to fertilize and build organic matter. These plants also adapt to conditions in which they find themselves, which is often soil with lower pH. Nadeau explains, “Established meadows grow really well in drought conditions and in depauperate soil. That’s soil that’s been depleted of healthy nutrients and microorganisms.” This less-than-ideal soil also discourages weeds that compete for space with your nascent meadow.

Diversity is strength

Lawn monoculture is the enemy of biodiversity. In that diversity is strength and resilience. Think about your stock portfolio – you wouldn’t put all your assets into one stock. It’s too risky. If that stock fails you lose everything. Instead you create a diverse portfolio of complementary investments to minimize risk.

It’s the same for nature. By providing food and shelter for insect and animal life, a meadow creates and fosters diversity. Acres of rolling lawn are the death knell for intricate food webs upon which local ecosystems depend. Soil, sun, and water produce the conditions for plant growth. Plants become food for insects, such as caterpillars. They, in turn, become food for birds and amphibians.

Tale of the monarch

On the flip side of diversity is specialization, and meadows support this too. In *Bringing Nature Home*, Dr. Douglas Tallamy describes the specialized dietary relationships between most plants and insects.

Take the monogamous marriage of the monarch butterfly and the unfortunately named milkweed. Evolution has allowed the monarch to digest the plant toxins in milkweed, which are part of the plant’s protective armor.

The butterfly recognizes only milkweed as a food source for its larvae. When native milkweed is absent, so

Continued on next page ...



Above, top: A faux meadow in the making. Low maintenance lawn in the orchard was converted to flowering meadow. Colored flags represent groups of plants for each space with slightly differing conditions. Credit: Plantscapes Organics, Inc. Above: Shows topsoil removal (see wheelbarrow on left) and depauperate backfill soil (in wheelbarrow on right). Photos by Mike Nadeau.

too are monarch butterflies. Why are monarchs so important? Because butterflies, like bees, are important pollinators. If you enjoy eating foods that rely on pollination, like fruits, then you best try to keep pollinators around. Ditto if you want birds in your life, since 96 percent of our birds feed their young a steady diet of soft, juicy caterpillars.

Meadow formerly known as lawn

Before you panic over the thought of losing your lawn, Zitter comfortingly reminds that, “Your yard doesn’t have to be a place of either/or. It’s okay to have a lawn – and a meadow – and a vegetable garden – and woodland. It’s all one garden with many elements. The more you begin to think of the garden as an integrated whole, the

more you can work with what nature provides.”

“The first step is to figure out how you use the land, how you circulate around it. Figure out how much you need for recreation, what kinds of views are important for you from important vantage points in your home,” Zitter recommends. “What are the focal points of your landscape? What areas draw your eye? Most people like to have lawn near the house. It creates an element of safety.”

Nadeau adds, “Once you determine the areas that will remain a lawn, think about a transition zone where the lawn and meadow meet. If the line of demarcation is too abrupt, it looks messy and unappealing.” He suggests following the contours of the land. Make sure the lines of the meadow follow the contours of the landscape using an uncoiled garden hose to replicate the line.

Laying down roots

When you consider how the land flows, also observe sun and shade, water proximity, and soil quality. Both Zitter and Nadeau highly recommend having a soil sample analyzed. There’s no sense in introducing plants that won’t thrive in the soil you have. Nadeau sums this up with the phrase, “right plant, right place.” It’s not so much about changing the site, it’s about changing your expectations.

Zitter and Nadeau explain that plants are not individualists, they’re communitarians that form “plant guilds,” i.e., plants that work well together. Some have deep roots, some shallow. Others grow to form a canopy and others thrive low to the ground in the created shade. These plants interact as a community to strengthen the whole yard ecosystem.

Stop mow and faux meadows

The easiest way to begin a meadow? Stop mowing. Zitter suggests experimenting with the mow line. “That’s a low-risk and easy way to begin a meadow. See if you like how the land flows in relation to grade and shade line and the line you have created. If you don’t like it, mow more or let it grow back in.”

Nadeau has created a method that takes a stop mow meadow to the next level. He calls it “faux meadow,” that over a few years it grows into the real thing. Here’s how it works. In your stop mow meadow, remove sod and soil about six inches deep in 18-inch diameter holes. Repeat this around your meadow-to-be in a ratio of one hole per 10 square feet. Contribute this sod and soil to your compost bin.

Fill these planting holes with poor soil, the kind you might find at a construction site. This is the *depauperate* soil that meadow plants thrive in but challenges weeds and sod-forming lawn grasses. Place a good-sized potted meadow plant, such as black-eyed Susan, asters, or goldenrod, in the hole and backfill with the depauperate soil. Then add about four inches of weed-free mulch. Water as necessary until the plants are established. This method gives the meadow plants you’ve introduced a fighting chance against existing weeds and lawn.

Gender blenders

Do Zitter and Nadeau encounter resistance when they suggest converting lawn to meadow? “If people are calling us, then they’ve already started changing their thinking,” laughs Zitter. Both have observed that gender can play a role. Nadeau elaborates, “Women seem more open to blurring edges, blending areas, and creating meadows. Many men like their lawns. I get that. A long time ago I thought that way too. It’s their territory. Protecting your turf, home turf, turf wars – it’s all very masculine. They sometimes take more convincing.” ●

Michael Nadeau is available for land care consultation. His website is www.michaelnadeau.org. Two must reads for the importance of meadows and biodiversity are “Urban and Suburban Meadows” by Catherine Zimmerman and “Bringing Nature Home” by Douglas W. Tallamy. For information on soil testing in CT, MA, or NY, visit www.soiltest.uconn.edu/, <http://ag.umass.edu/services/soil-plant-nutrient-testing-laboratory>, or <http://soilhealth.cals.cornell.edu/>.



COYOTE HILL NURSERY, INC.
WHOLESALE
TREES • SHRUBS

*SELLING QUALITY TREES AND SHRUBS
WHOLESALE TO THE TRADE*

155 LIME ROCK RD. LAKEVILLE, CT 06039
NURSERY@COYOTEHILLNURSERY.COM
860-596-4114

Berkshire ROOFING & GUTTER CO.

"We like your smile
when we're done."

413-298-1029

www.bgrco.net

Mike Linde, P.O. Box 436, Great Barrington, MA

RESIDENTIAL ROOFING SPECIALIST

Written estimates • Fully insured • Owner Installed

SEAMLESS GUTTERS

Copper & Galvanized • MA LIC #145878 • CT LIC #0646967



**WE INVITE YOU TO VISIT
THE CROWN MAPLE ESTATE**

Relax & enjoy a maple inspired lunch, wine, seltzer or craft cocktail in our
lounge & on our patio. Explore our 800+ acre organic berry farm, enjoy
one of the most beautiful views in the Hudson valley, and take a tour to
learn about our organic maple syrup.

SUNDAY, JULY 30TH | PANCAKE BREAKFAST
Indulge in a maple inspired breakfast buffet at The Crown Maple Estate
TICKETS \$30-Adult | \$15-Child Under 12
(separate tickets for \$2500 and \$5000)

OPEN EVERY SATURDAY & SUNDAY | WWW.CROWNMAPLE.COM
47 McCough Road, Dover Plains NY 12523 (845) 871-5149 (weekdays) | (845) 871-5115 (weekends)

Local 111

Restaurant & Catering



VOTED "BEST CHEF"
2015 & 2016
IN COLUMBIA COUNTY



111 MAIN STREET PHILMONT NEW YORK
518-672-7801 www.local111.com

Bar tops & barn wood siding

SEE OUR WIDE SELECTION OF WOODS FOR YOUR NEXT PROJECT



Ghent
WOOD PRODUCTS

(518) 828-5684 • 1262 RTE 66, GHENT, NY • WWW.GHENTWOODPRODUCTS.COM

Nature brings you joy.
We bring you nature.



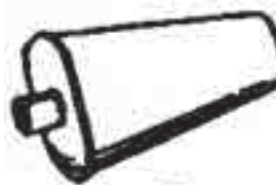
Bird feeders, bird houses,
bird seed, & so much more

(413) 644-9007 • www.wild-birdstore.com
783 South Main Street, Great Barrington, MA

WILD BIRDS



COUNTRY STORE



**NORTH EAST
MUFFLER INC.**

Custom Bending Up to 3 Inches

Open Mon.-Fri. 8 to 5; Sat. 8 to 1

Route 22, Millerton, NY

John Heck

(518) 789-3669

Cindy Heck

From the bottom of the well to the top of the glass...



*Drilled & Hydroflushed Wells
Installation & Servicing of Pumps
& Water Conditioning Systems
IGSHA Geothermal certified*

JOE FLOOD, OWNER • (518) 325-4679 • ESWD@FAIRPOINT.NET
HILLSDALE, NY • WWW.EASTERNSTATESWELLDRIERS.COM
MASS. LIC. #101, 704 & 949 • NY. LIC. #10061 • CONN. LIC. #85 & 364

Ponds
& Beyond

518.527.9328
info@pondsandbeyond.com
www.pondsandbeyond.com

Pond installations / water gardens
Pond repairs & maintenance
Pond cleaning & winterization
Pond consultation
Pond Aeration
Architectural fountains
Naturalizing swimming pools
Aquatic plants: Marginals, wetland and floating plants



north elm home

furnishing | accents | antiques



Summer Sale, going on NOW!

Enjoy the great outdoors in style and comfort. In stock, custom orders, and quick ship available.

Hours: Tuesday - Saturday 10-6, Sunday 11-5

5938 North Elm Ave. • Millerton, NY 12546 • t: 518.789.3848 • f: 518.789.0234 • www.northelmhome.com





my favorite treats

Photo: Olivia Valentine Markonic

By Thorunn Kristjansdottir
info@mainstreetmag.com

We all love to eat, and to eat good food! We also have our favorite spots; the best pizza place, the best Italian, the best burger, the best ice cream... And how lucky are we to live in the Hudson Valley, which is arguably home to some of the best food around. In honor of that, and to go with our theme, I wanted to share a few of my favorite dishes and places with you.

Ice cream

I have to start with ice cream, because ice cream makes everyone happy! I've long been a patron of Holy Cow in Rhinebeck, NY, The Eskimo Bar in Claverack, NY, and Dad's Diner in Copake, NY – all of whom have great soft-serve ice cream. You can't go wrong with any of these places, and if you're feeling adventurous, get a flavor burst. A new place to add to my list is Hathaway Young in Millerton, NY, and to be precise, I'm a fan of the ice cream sandwiches. The cookie is, in my understanding, baked at Hathaway Young and I prefer the brownie cookie with vanilla ice cream and chocolate sprinkles or colored candy (like the picture above).

Pizza

Who doesn't love a good slice of pizza? And that's why it's getting its own category here. I'm married to an Italian guy, so pizza is almost a religious thing at our house. But my favorite pizza joints in our area vary from great New York style slices, to brick oven and more. I'm a big fan of Cozzy's in Millerton for that New York style slice, plus his sauce is spot-on! Joe at Trattoria San Giorgio in Millbrook, NY, makes a mean brick oven pizza, as does Baba Louie's in Hudson, NY, but they make theirs with sour dough. My husband found Pizzeria Posto in Rhinebeck last year and as I bit into the first bite I couldn't help myself and went, "O-M-G this is soooo good!"

Favorite dishes

Some of my favorite local dishes at restaurants vary depending on the season and my mood, but the dish that I could eat all day, every day, is the beet and burrata salad at Woodlands in Lakeville, CT. I'm totally obsessed with it. They should put it on their regular menu because when it's not on the specials menu I'm always so disappointed. But it is a perfect pairing with one of their sushi dishes, which are also terrific.

I love the chicken Marsala at Lia's Mountain View in Pine Plains, NY, the guacamole at La Puerta Azul in Millbrook is extremely good, and the blueberry pancakes at The Farmer's Wife in Ancramdale, NY, with Crown Maple Syrup, are always a favorite of mine. Speaking of Crown Maple syrup, their syrup has ruined all other syrups for me – they're just that good.

The Church Street Deli in Copake makes a great pulled pork quesadilla and chicken Caesar wrap, while Gabriel's in Philmont, NY, has some pretty exciting menu items like the steak and goat cheese salad – honestly, I haven't found an item on their menu that I haven't liked thus far. The salads at Baba Louie's are also worth a mention because they are like a party in your mouth. I just recently had the lobster at Manna Dew in Millerton, which was exceptionally good.

I'm a big fan of side dishes and/or the extras, and I consider myself somewhat of a french fries connoisseur. Some of the best fries around are at Charlotte's Restaurant in Millbrook, and the "fancy" truffle oil with cheese *frites* at the Woodlands. 52 Main in Millerton is a tapas restaurant, but I view it kind of like 'the home of the sides.' The

mac and cheese at 52 is like no other. You'll want to get some more, and eat it all by yourself. Oh, and their fries are pretty phenomenal, too – they're also hard to share.

I once had a black bean and butternut squash soup at Mexican Radio in Hudson, which was so memorable and great that I'm still talking about it some five years later. And while we're on the topic of Mexican food, I have yet to order something Cancun's in Red Hook, NY, that I didn't like.

I have to mention Barrington Bagels in Great Barrington, MA, because they make New York City-style bagels, which are so good! And after you've tasted a NYC-style bagel, those other things that resemble a bagel just aren't bagels. Barrington Bagels are definitely worth a trip.

The ambiance

Going out to eat is like 98% about the food. The other 2% is about the ambiance. The atmosphere, decor, and seating all make a difference to the whole experience. Like The Stissing House in Pine Plains has a very fitting ambiance and I always feel welcome and cozy there. The White Hart in Salisbury, CT, is also rustic and beautiful like The Stissing House, and you feel like you've entered into a time long-gone. It's quite a cool feeling. The atmosphere and decor at the newly renovated Millerton Inn is truly impressive. Out of all of the Four Brothers restaurants that I've gone to, I prefer the Millerton location because of their booths, oh and also, their water is really good. This may seem strange, but I just hate going to a restaurant and having a sip of water and finding it to be undrinkable.

This is just a small sampling of some of the wonderful food and restaurants that are available to us right here in our area. We're lucky to have so many places, and dishes, to choose from. *Bon appétit!* ●

Come and visit us
Love, Millerton



In Millerton you can eat, drink, shop, & be entertained!

Come to Millerton: we have it all! Visit one of these businesses to shop to your heart's content, be entertained for hours, dine and drink!

By shopping locally you support not only the local economy but specifically you support the local businesses that provide our services, feed our stomachs, quench our thirsts, entertain us, clothe us, and are the fabric of the communities that we live in.

Millerton's businesses welcome you!

Eat & Drink

52 MAIN
 518-789-0252
 52main.com
 HARNEY & SONS TEA
 518-789-2121
 harney.com

IRVING FARM
 COFFEE HOUSE
 518-789-2020
 irvingfarm.com
 LITTLE GATES & CO.
 WINE MERCHANTS
 518-789-3899
 littlegateswine.com
 OAKHURST DINER
 518-592-1313

Entertainment

THE MOVIEHOUSE
 518-789-3408
 themoviehouse.net

Shopping

B.W.'s EAGLE EYE
 518-789-4109
 bwseagleeye.com
 DAVE'S TV
 518-789-3881
 davestv.net
 GILDED MOON FRAMING
 & GALLERY
 518-789-3428
 gmframing.com
 HUNTER BEE
 518-789-2127
 hunterbee.com
 JENNINGS ROHN MONTAGE
 860-485-3887
 NORTH ELM HOME
 518-789-3848
 northelmhome.com
 OBLONG BOOKS & MUSIC
 518-789-3797
 oblongbooks.com
 RILEY'S FURNITURE
 518-789-4641
 rileysfurnitureflooring.com
 TERNI'S STORE
 518-789-3474

Services & much more

ASSOCIATED
 LIGHTNING ROD
 518-789-4603
 alrci.com
 CHAD'S HAIR STUDIO
 518-789-6007
 CROWN ENERGY CORP.
 518-789-3014
 crownenergycorp.com
 HYLTON HUNDT SALON
 518-789-9390
 hyltonhundtsalon.com
 LESLIE HOSS FLOOD
 INTERIORS, INC.
 518-789-0640
 lestliefloodinteriors.com
 MAIN STREET MAGAZINE
 518-592-1135
 mainstreetmag.com
 MAIN STREET MAGAZINE
 PHOTO GALLERY
 518-592-1135
 mainstreetmag.com
 photogallery.com

MILLERTON SERVICE CENTER
 518-789-3462
 MILLERTON VETERINARY
 518-789-3440
 millertonvet.com
 NAPA MILLERTON
 518-789-4474
 napaonline.com
 OVERMOUNTAIN BUILDERS
 518-789-6173
 overmountainbuilders.com
 SALISBURY BANK & TRUST CO.
 518-789-9802
 salisburybank.com
 TAYLOR OIL INC.
 518-789-4600
 gmtayloroil.com
 THORUNN DESIGNS
 518-592-1135
 thorunndesigns.com



choices. Leo had his first introduction to cooking early in his life when he helped his mother around the house in their small village in Oaxaca, Mexico. When he came to this country, he began working as a sous-chef at the Beekman Arms in Rhinebeck, and it was there that he started learning about American food, an education he continued at the Blue Plate restaurant in Chatham. Magdalena's is loved not only for its food, but its warm and welcoming, casual atmosphere. No reservations necessary, hungry patrons can just stroll right in to enjoy a meal, snack, or take-out.

The Avocado Café

Located in Millerton, NY, in Thompson Plaza on Route 44, The Avocado Café, also offers authentic traditional Mexican food. The owners work from their own original recipes, cooking in an old-style traditional way. The menu features such items as Bistec ala Istec, which is grilled hanger steak with sautéed onions and tomatoes served with rice, beans, grilled nopales and green tomatillo salsa. Also on the menu are fajitas, charizo sopes, grilled pork chops, and homemade tomatillo sauce. Avocados is a great no-frills, roadside stop for travelers passing from Millerton through Connecticut and beyond, as well as a lazy watering hole for local residents who like to sit, sip a margarita, and enjoy a good conversation.

Santa Fe Restaurant

This little restaurant is tucked away in the town of Tivoli, NY, a sweet town south of the City of Hudson. The friendly interior makes you feel

like you've arrived at a friend's home for dinner. Colorful and cozy, this establishment also offers gluten-free items upon request. For vegetarians there are many delicious choices; twice-cooked sweet plantains, goat cheese quesadilla, roasted vegetables, beet salad, and the Tivoli veggie bowl sporting black beans, sliced avocado, corn, pico de gallo, and quinoa over a bed of chopped romaine; garnished with toasted pepitas and cilantro. There are fish and vegetarian entrées, and traditional pulled pork tacos with caramelized onions and white cheddar cheese, tacos, burritos, and a kids menu. Santa Fe has also been successful in winning the coveted Zagat's award of distinction. With a full bar and hefty, frozen and regular margaritas, the experience is sublime.

Mexican Radio

The colorfully painted restaurant located in Hudson, NY, is big and lively and in the heart of the ever-expanding food scene in Hudson. It is owned by Lori Selden and Mark Young who opened their first Mexican Radio nearly two decades ago in New York City, near Little Italy on Mulberry Street. Recently they opened a third Mexican Radio restaurant location in downtown Schenectady, NY.

Mexican Radio offers a wide array of choices for brunch, lunch, and dinner, and accommodates vegans and vegetarians, and is gluten 'friendly.' Each location goes as far as housing a dedicated vegetarian fryer. Mexican Radio serves a signature grilled corn rolled in a smoky chipotle aioli, covered with tangy *queso añejo* (aged Mexican cheese) and sprinkled with chopped jalapeños. The piled high nacho platter seems to be bottomless and should satisfy everyone's cravings. The Mexican spring rolls are stuffed with a savory mix of corn, mushrooms, carrots, poblano peppers, and cilantro, rolled into rice paper and served with guacamole. The extensive menu of creative appetizers, entrées, and desserts is far too long to list, but suffice it to say that the heavenly scent of roasted garlic,



onions, and peppers will have you pulling up a seat at a table or the busy bar and staying for a while.

La Puerta Azul

Built in Millbrook, NY, in 2006 with the assistance of a New York City architectural firm to achieve the authentic atmosphere they intended, the restaurant spills over with ambience and features hand-forged iron chandeliers and rich oil paintings. The authentic Mexican cuisine boasts a "refreshingly modern" interpretation of traditional favorites. The menu includes some interesting items like sweet corn soup, flautas di carnitas, tuna ceviche, and so much more. This restaurant also entertains its guests regularly with local bands scheduled on Friday and Saturday nights. Open for lunch and dinner, seven days a week, La Puerta Azul makes a wonderful effort to serve the community with great food and drink.

More Mexican restaurants:
Cancun's Family Mexican Restaurant on Broadway in Red Hook, NY. **Coyote Flaco** has several locations, such as on Route 9H in Claverack, NY. **Destinos** is located on Main Street in Chatham, NY. **Xicohtencatl** is on Stockbridge Road in Great Barrington, MA. **Modern Taco** is found on Market Street in Red Hook, NY. **La Casa Cantina** is on Brandow's Aly in Catskill, NY. ●

Menu items at some of the restaurants may change seasonally.



Above, top to bottom: La Puerta Azul's quesadilla's are not only picturesque but very tasty. Photo courtesy of La Puerta Azul's website. Leticia Martinez prepares one of her famous desserts at Love Apple Farm. Photo by Allison Marchese. Left: One of Mexican Radio's dishes, with its iconic drizzle. Photo courtesy of Mexican Radio's website.



A Canon of Beauty

Group exhibition: recent work by gallery artists

Introducing featured artist

Barry DeBaun

July 1 - August 12, 2017

Opening reception Saturday July 1st, 5:30 pm



Clearwater's Sweet Vengeance, III, 30 x 40, Barry DeBaun © 2017

NEUMANN FINE ART 65 Cold Water St., Hillsdale, NY

Open Thurs. - Sun. 11 - 4 www.neumannfineart.com

SHARON
PACKAGE STORE

APEROL

A REFRESHING ALTERNATIVE

1 GAY ST. SHARON, CT (860)364-3760

STISSING HOUSE



LUNCH • DINNER • EVENTS

Available for on and off premises catering, large and small weddings

518.398.8800 • www.stissinghouse.com

7801 South Main Street, Pine Plains, New York 12567

Located on the corner of Route 199 and 82 at the light

Dinner hours: Thursday-Sunday • Lunch served on Sundays

= MADSEN = OVERHEAD DOORS

Fast, friendly service since 1954



Madsen Overhead Doors offers numerous door options to fit any budget!
Residential, Commercial & Industrial Doors, Electric Operators,
Radio Controls, Sales & Service.



673 Route 203, Spencertown, NY 12165
Phone (518) 392 3883 | Fax (518) 392 3887
info@madsenoverheaddoors.com
www.MadsenOverheadDoors.com



RUGE's **AUTOMOTIVE**

All Car Dealerships Are Not The Same!

COME SEE THE DIFFERENCE!

**OVER 75 YEARS OF EXCELLENCE
IN SALES & SERVICE**



Ruge's Chrysler Dodge Jeep RAM

6882 Route 9
Rhinebeck, NY 12572
845-876-1057



SUBARU.

Ruge's Subaru

6444 Montgomery St
Rhinebeck, NY 12572
845-876-2087



CHEVROLET.

Ruge's Chevrolet

3692 US-44
Millbrook, NY 12545
845-677-3406

RUGESAUTO.COM



Sisters Hill Farm

& the local world of CSAs

By Ian Strever
info@mainstreetmag.com

At the end of a row of vegetables at Sisters Hill Farm in Stanfordville, NY, a brilliant purple bulb with five leafy stalks rests in the late afternoon sun. It is perfectly smooth, perfectly purple, and possibly alien. I am fascinated. I kneel down to inspect the vegetable, wondering if it is an onion, a root, or some sort of Martian cocoon. Obviously, I'm not a farmer.

Ground Zero for CSAs

Living in this area, though, I've become far more appreciative of farms. What seems like a straightforward endeavor is infinitely more complicated upon closer inspection. That's true of most topics, but this is definitely a "sweater problem": the more I pull at a thread, the more it comes unraveled. Each internet search yields a different philosophy about farming, and even within the Community Supported Agriculture (CSA) community, these competing ideologies take on Hatfield-and-McCoy proportions. Should we

use tractors or horses? Should we sell our produce to restaurants in the city or rely exclusively on local consumers? Should we butcher our meat ourselves or send it off for processing? And on and on...

As it turns out, our area is Ground Zero for CSAs. While the exact origins of the movement are a bit murky, there is agreement that Indian Line Farm in South Egremont, Massachusetts was one of, if not the first farm to shift to the CSA model. In a nutshell, their thinking was to cut out the middlemen, and bring consumers closer to the origins of their food.

Here's how it works: a group of investors buy shares in a local farm, agreeing to the inherent risks of raising crops. Most farms offer whole or half shares, averaging about \$625 and \$400 per year, respectively (though many farms offer other plans and payment options to meet a range of household incomes and needs). If the farmer has a good year, the shareholders reap the benefits of nutritious, usually organic products. If it's not so good, the shareholders might not get as great a yield. On a weekly or biweekly basis, shareholders go to the farm to pick up their shares, which, in early spring at Sisters Hill, means a selection of greens such as

lettuce or kale and brassicas (such as radishes, broccoli, and cabbage). The vegetables change based on the availability of each product that is in season, and the contents become more colorful as the season progresses, including red onions, carrots, tomatoes, and potatoes, and even flowers.

Farming politics?

Described with the right jargon, this sounds like a very capitalistic enterprise, what with shareholders, yields, and investments. The politics of CSAs, however, are more socially-minded. The mission of Polyface Farm in Virginia, arguably the leading voice in sustainable, local agriculture is nothing short of revolutionary: "to develop emotionally, economically, environmentally enhancing agricultural enterprises and facilitate their duplication throughout the world." Let the debates begin.

Is it possible to feed the seven billion (give or take a few million) people on this planet without large-scale, industrial agriculture? Miles away, other farms are producing

Above: It's hard to beat a local farm for freshness, and it's hard to beat organic vegetables for flavor.

Continued on next page ...



Above, top to bottom: CSAs allow their members to know the source of their food, right back to the seed. CSA members discover unusual and beautiful vegetables in their weekly shares, bringing with them the fun challenge of using them in meals.

milk around the clock with robotic milkers, GPS-guided tractors, and even drone mapping. And the issue of how to handle pests is equally fraught. Smaller farms will rely on crop covers or organic pest deterrents, but larger farms may not only rely on pesticides, but even resort to pest-resistant or Roundup-immune crops. But if we want our milk to cost less than five dollars a gallon, can sustainable practices meet that need?

Frankly, it all becomes a little overwhelming to think about sometimes, and books such as Michael Pollan's *The Omnivore's Dilemma* offer a more comprehensive treatment of the issues involved. While critics may take issue with the cost and scale of CSAs, it is hard to find fault with the farming practices themselves, and even harder to deny the excellent flavor of the produce. Restaurants from Hudson to Brooklyn demand high-quality ingredients, and discriminating gourmands demand no less in their kitchens.

Environmental philosophy

The environmental philosophy of CSAs can be summed up as, "the more local, the better," and many farms around our region offer memberships, thus minimizing the amount of fossil fuel that is spent bringing food to your plate. Even among these farms, there is a great amount of variety in product and practice, so some amount of investigation may be necessary to find the perfect match for your needs. Localharvest.org is an excellent starting point for a more comprehensive search, but the following is a sampling:

Adamah CSA, Falls Village

Located on the grounds of the Isabella Freedman Jewish Retreat Center, this farm is a program of the Jewish environmental organization, Hazon. In addition to practicing sustainable agriculture, they practice the art of lactofermentation, a pickling method that uses only salt to preserve cucumbers and other vegetables. Members not only receive fresh vegetables, but they may purchase these pickles and jams, too.

Full Circus Farm, Pine Plains

Draft horses do most of the heavy lifting at this small farm, and like many CSAs, they encourage members to share in the life of the farm, whether that means pick-your-own harvesting, potluck picnics and dinners, or connecting with the horses, cows, and chickens that call this farm home. They offer a range of payment options, encouraging members to support them to the level that they are able.

Moon in the Pond Farm, Sheffield

This farm, tucked in the fertile plains of the southern Berkshires, offers an innovative approach to CSAs, using a kind of shadow economy in "Bacon Bucks." Members receive currency that they can use to purchase the specific kinds of produce they want at the farm itself or at farmer's markets in the area where Moon in the Pond sells their

goods. This allows a huge amount of flexibility in not only the produce, but the options for pick-up.

Herondale Farm, Ancramdale

Herondale focuses on meat exclusively, including chicken, pork, beef, and lamb. Shares here are measured in pounds, with ten, fifteen, and twenty-pound options that include meat from various tiers, including "Prime," "Roasting," and "Ground/Stew" categories. Pickup options here include the farm itself as well as locations in the city.

Sisters Hill Farm, Stanfordville

Like Adamah, Sisters Hill is religiously affiliated with the Sisters of Charity of New York, so in addition to their delicious vegetables, they cultivate social outreach and community. Dave Hambleton, the Farm Manager, has devised some clever mechanisms to save time for him and his apprentices to put back into their own lives while still operating a financially viable farm. The grass-hemmed fields, pick-your-own options, and harvest picnics encourage members to embrace the farm as their own, which was part of Hambleton's original vision for the farm.

As for that purple orb at Sisters Hill? Betsy Jackson, one of the apprentices helpfully identified it as kohlrabi, a type of brassica that can be used for salads or soups. One of the pleasures and challenges of CSA membership is the assortment of vegetables that wind up in the bin each week, which causes members to expand their culinary horizons and discover all the bounty that our local climate has to offer. And regardless of your political, social, and environmental beliefs, that is not a bad thing. ●



BAR • TAPAS • RESTAURANT

518.789.0252 • 52 Main Street, Millerton • 52main.com

Valentine Monument Works & Sandblast

SINCE 1875



Cemetery Monuments • On-Site Lettering • Bronze Veterans' Plaques
Pet Markers • Cleaning & Repairs • Sand Blasting Service

Bruce Valentine, *owner* • Tel: 518-789-9497
ValentineMonument@hotmail.com • Park Avenue & Main Street, Millerton

— SHARON — AUTO BODY

Jim Young
OWNER
jim@sharonautobody.com

28 Amenia Road | PO Box 686 | Sharon, CT 06069
T: 860 364 0128 | F: 860 364 0041

sharonautobody.com

HOUSE

Plumbing  Heating  Cooling

Water treatment systems • Mini splits • IBC boilers • Triangle Tube boilers
Buderus boilers • Radiant installations • New construction, renovations & repairs

(518) 398-7888 • houseplumbing@yahoo.com

CLARK'S OUTDOOR SERVICES



LANDSCAPING & DESIGN • STONEMWORK & DESIGN • LAWN CARE
PATIOS • WALKWAYS • WALLS • MAINTENANCE • & MORE

ERIC CLARK
(518) 325-9098 • (518) 755-2774
WWW.CLARKSOUTDOORSERVICES.COM



NORTHERN DUTCHESS | AGRICULTURAL CONTRACTING

ENHANCE THE NATURAL BEAUTY OF YOUR LANDSCAPE
SAVE MONEY ON TAXES & MAINTENANCE
CREATE AN AGRICULTURAL ASSESSMENT

"I have been working with James Yantz for five years. He has thoughtfully and methodically restored an overgrown dairy farm to its natural beauty."
— Ancram, NY landowner

Field Restoration • Tree Work • Orchards • Custom Farming •
Food Plots • Ponds • Woodland & Brush Clearing • Fencing •
Drainage • Excavation • Earth Work

845 594 3521 for a free consultation

or email: ndagriculturalcontracting@gmail.com



(860) 364-5380
349A Main Street, Lakeville, CT
www.roaringoaksflorist.com

unique furnishings, lighting,
jewelry and objects of interest!

pieces



Saturday 12-5 or by appointment • 914 388 0105 • piecespineplains@gmail.com
• 2816 West Church Street (Rt.199), Pine Plains • Find us on Facebook



UPCOUNTRY
SERVICES
OF SHARON

CELEBRATING
30 YEARS OF
EXCAVATION,
LANDSCAPING,
& GROUNDS
MAINTENANCE

GROUNDS MAINTENANCE:

Lawn care • Spring & fall clean up • Edging,
mulching, bed maintenance • Lawn fertilizer, weed
& disease control • Field mowing • Complete
property management • Commercial snowplowing,
sanding & magic salt

LANDSCAPING:

Paver terraces / walkways • Retaining walls •
Lawn renovation & Installation • Shrubbery & tree
planting • Fencing • Landscape construction

EXCAVATION:

Excavators, backhoes, dumptrucks • Drainage •
Water & electric lines dug • Landclearing •
Driveway construction & repair • Power stone rake

BBB • A+ • LICENSED/INSURED/BONDED • ALL CREDIT CARDS
ACCEPTED • CT & NY PESTICIDE LICENSE • HOME IMPROVEMENT
CONTRACTOR # 514325

860 364 0261 • 800 791 2916
www.upcountryservices.com



VISIT YOUR LOCAL AGWAY:
Route 22 in Millerton, NY •
Route 23 in Great Barrington,
MA • Route 9H in Claverack,
NY • Route 66 in Chatham, NY

HOURS: Monday-Saturday: 8:00
AM-5:00 PM • Sunday: 9:00
AM-3:00 PM



For savings & info: (518) 789-4471 or www.agwayny.com

GORDON R. KEELER
APPLIANCES

Appliance sales & service since 1930

SUB ZERO • MONOGRAM • WOLF
SPEED QUEEN • GE CAFÉ • GE PROFILE



3 Century Blvd., Millerton, NY 12546
518-789-4961 • 518-789-4813 • 518-789-4252 fax



Columbia Tractor, Inc.

9H & 66
Claverack, NY 12513
518-828-1781
www.columbiatractor.com
info@columbiatractor.com



Kawasaki

KAWASAKI CARES: Read Owner's Manual and all on-product warnings. Always wear protective gear appropriate for the use of this vehicle. Never operate under the influence of drugs or alcohol. Protect the environment. The Kawasaki MULE™ side x side is an off-highway vehicle only, and is not designed, equipped or manufactured for use on public streets, roads or highways. Obey the laws and regulations that control the use of your vehicle. ©2016 Kawasaki Motors Corp., U.S.A.

17MULPFXR6x5c



Cascade Mountain Winery & Restaurant

Featuring the foods and wines of the Hudson Valley. (845) 373-9021. 835 Cascade Mountain Road, Amenia, NY. www.cascademt.com

The first Farm Winery on the east side of the Hudson River began in 1972 when Charlie's father, Bill Wetmore, came home with 200 grapevines while doing a free-lance article on New York State wine. The next year the Wetmore family planted a 15-acre vineyard, built the winery in 1977, and opened the restaurant in 1985. In addition to many gold medals for their wines, in 1994 the restaurant received two stars from the *New York Times*. Upon arrival you are encouraged to relax at the tasting bar and enjoy a leisurely free tasting of seven wines. Then head up to the dining room or the deck to enjoy fresh scallops, salmon, beef, and Hudson Valley cheeses. Open on weekends, May through November, you'll be sure to enjoy yourself in this beautiful and peaceful setting. Over the years they have had music, but nothing like this year's Summertime Festival on July 7, 8, and 9. The event will be headlined by Jesse Colin Young and Jonathan Edwards, along with many great bands from the Hudson Valley, the Berkshires, and beyond. Wineries, distilleries, creameries, and charcuterie producers will be doing tastings and sales all weekend long. Delicious food will be bountiful. Don't forget to purchase your tickets at CascadeMt.com, you won't want to miss out on all the fun! Also, for the first time in 20 years, Cascade has released two new wines in celebration of their 40th anniversary.



The Millerton Inn

Food, beverages, and lodging under one roof. (518) 592-1900. 53 Main Street, Millerton, NY. www.themillertoninn.com

The Millerton Inn opened their doors this past March. They offer food, beverage, and lodging in 11 beautifully renovated rooms upstairs with a gorgeous restaurant and bar downstairs. Everyone is welcome, whether you're a local townie or coming from Manhattan for the weekend. Having only 11 rooms, they offer a very personalized, one-of-a-kind experience for their guests who are staying at the Inn. Having been in the restaurant business for over 40 years and having their own farm just down the street, the Stefanopoulos family are able to serve their guests only the greatest, freshest ingredients. They have and will always be a family-run business, "No matter how much we grow with our company, each new addition brings us closer together as we all have to work together to make each place as successful as the last." Going forward, the Stefanopoulos family sees the Inn as being that neighborhood house; a destination the entire family wants to go to. Great food, a great time, and play in front yard. The Inn plans on setting up some family-friendly front yard games: Cornhole, horseshoes, and more. They will also have lobster bakes, pig and lamb roasts, and whole grilled chickens coming up in the summer months on the front lawn. Don't miss out on all the fun and delicious food!



Paley's Farm Market, LLC.

"The Good Earth Farm" celebrating 35 years and still growing. (860) 364-0674. 230 Amenia Road, Sharon, CT. www.paleysmarket.com

Charlie Paley first opened in the summer of 1982 as a roadside stand selling corn. Over the past 35 years, Paley's Farm Market has evolved and today includes a nursery and garden center. Paley's opens in early spring with a very large selection of vegetable starts, annuals, perennials, and nursery stock, along with soils, mulch, fertilizers, garden tools ... just about anything you need for your garden. In late May/early June they begin to stock the market with fresh produce, fruits, local baked goods, and specialty foods. By late June/early July, the market is overflowing with Paley's own vegetables and herbs, as well as produce and fruits from other local and regional growers. The garden center continues through the fall when they sell mums, gourds, and other autumn squash. They close for the season in mid-October every year. Only the highest quality enters the nursery and greenhouse and no detail is overlooked; from the way the plants are cared for to how the produce and goods are displayed in the market. Supplying people with quality and beautiful plants for their gardens, as well as fresh and healthy food for their tables is most important to Charlie. More recently, solar power changed Paley's business and the public gave them a positive reception for the fact that they have 100% solar electricity now.



Rhinebeck Kitchen & Bath

Distinctive and custom kitchen and baths. (845) 867-7926. 6783 Route 9, Rhinebeck, NY. www.rhinebeckkitchenandbath.com

Two of the most frequented and renovated rooms in your house are the kitchen and bathroom. So when it comes to your next renovation, the professionals at Rhinebeck Kitchen & Bath are there for you. In 1997, Rhinebeck Kitchen & Bath began providing full job management. Their services include designing your dream space, demolition, handling product ordering and deliveries, subcontractors (plumbers, electricians, etc.), and new product installation. For the past 20 years their team has proudly served Greene, Columbia, Ulster, and Dutchess counties and feels their design, supply, showrooms (a large one in Rhinebeck and a smaller one in Cossackie), and turn-key projects set them apart, leaving their customers happy! The kitchen and bath industry, as well as clients' tastes, are always changing. Their goal for the future is to maintain their position as leaders in product knowledge, customer service and satisfaction. In order to reach this goal, Rhinebeck Kitchen & Bath will continue to educate their entire team and treat all with dignity, fairness, and honesty. Working with an experienced designer and picking all the products that make up your kitchen or bath, all under one roof, helps create a worry- and stress-free project. Call or stop by their showroom today to make your dream kitchen and/or bath a reality.

INSURING YOUR WORLD

Summer is upon us and outdoor parties abound! There are many different food service contractors to choose from: full-service caterers to family-run operations to non-profit organizations preparing food and drink for your get-together. One item often overlooked is the insurance aspect. When hiring a catering company, always ask them for a certificate of liability insurance naming you, the owner of the property, as additional insured and certificate holder to ensure they maintain proper limits of coverage for your event. If they are serving liquor and charging for it, require a certificate of liquor liability too. If you are on the other side of the table, let's say a baker that supplies pies and desserts to a restaurant, make sure you are fully protected should someone eat one of your desserts and get ill or need to be hospitalized, homeowners policies do not provide this type of protection. For small bakers, such coverage can be as little as \$175/year. So remember to be sure and insure yourself or that great party that you are planning.

Kirk Kneller
Phone 518.329.3131
1676 Route 7A, Copake, N.Y.



Brad Peck, Inc.

Versatile & delicious pure maple syrup

When we started using maple syrup as a substitute for sugar in our day-to-day meals, we found that the uses for maple were almost infinite. Because maple can go either sweet or savory, depending on the recipe it's used in and the grade of the syrup, you can quickly improvise to incorporate maple flavor into any number of delicious and unexpected recipes. Below are some of our favorite "maple in a minute" guidelines, a great way to start playing with maple syrup in your daily meals.

Maple Bourbon Glazed Bacon: Prepare your breakfast bacon as desired, slightly under cooking it. Brush the slices with our bourbon barrel-aged maple syrup, then cook for a few more minutes until crisp and candied.

Maple-Balsamic Vinaigrette: Put ½ cup balsamic vinegar, ¼ cup maple syrup, 2 teaspoons Dijon mustard, and salt and pepper to taste in a blender. Pulse to combine, then add 1 cup olive oil in a steady stream with the motor running. This recipe makes 2 cups of dressing, which will keep for up to 1 month in a sealable container in the refrigerator or on the countertop.

Maple-Goat Cheese Crostini: Stir 1 to 2 tablespoons maple syrup into 1 cup crumbled soft goat cheese, and process in a food processor until smooth. Spread on toasted rounds of bread and garnish with slices of fresh fruit, or top with roasted kale, tomatoes, or summer squash. (Or if you want to make it even easier, just spread 1 teaspoon of your favorite goat cheese on either crackers or crostini, add garnishes, and drizzle with maple syrup).



47 McCourt Road, Dover Plains, NY • www.crownmaple.com (for more great recipes!)

Summer & Wine

Summer is upon us once again, and with the beautiful New England weather the urge to cook outside takes over. Outdoor cooking is best with plenty of wine and the freshest ingredients. While there are some general rules to wine pairing, these rules are made to be broken in favor of serving a wine that you love. Here are a few recommendations that are sure to pair wonderfully with your meal. Having hot dogs? Try a dry Rosé, as it will compliment the ketchup well and enhance the salty/savory flavor of the dog. Grilled sausages? A dry Riesling has the perfect amount of crisp acidity that goes great with sausage. One of our favorite summer grilled foods is salmon, and with this you should try a Julienas, Cru Beaujolais from southern Burgundy in France; the bright fruit and balanced acidity are a perfect match for the rich fatty salmon. Now anything with a sweet traditional sauce begs for a Zinfandel, which is bold enough to stand up to most sauces, but isn't heavy so they make for great summer reds. Just be aware of any "zins" with high alcohol and try and keep it below 14.5%. And let's not forget the perennial favorite – steak on the grill. Pair with an Oregon Pinot Noir or California Cab for a memorable summer evening. If the heat of the grill is too much, a white Burgundy would be the perfect compliment to raw bar selections like oysters, or shrimp and lobster. Enjoy your summer!



(860) 435-1414
19 Main Street, Salisbury, CT
wine@salisburywines.com
www.salisburywines.com

Dine in without breaking the bank

When it comes to renovating your kitchen or cook-out area, you don't have to break the bank. There are many different ways to spruce it up, do it yourself, and save money. One affordable option for outside cooking areas would be to re-paint and or stain the deck and railings – by so doing, you quickly changing the look and feel of that area. When it comes to your kitchen you could also paint walls and or your existing cabinets, which would make a huge change very quickly. Another small and quick change (that would be very cost-effective), but that can make a huge difference in the look and feel of your kitchen, would be to change the door knobs on your cabinets. Another option, if you want to step it up in price; counter tops, cabinets, flooring, and appliances can all be changed – you can either change one or all of them. If you have any concerns about your remodeling wish-list you should contact your local contractor/carpenter or your local hardware store like Herrington's, Lowe's, Home Depot, and Williams Lumber. Another option that can make a huge statement in the kitchen is your choice of a new backsplash. The hottest trend in backsplashes at the moment seems to be either mosaics, glass, or white subway tiles. So regardless of your budget, a small change costing only a few dollars can go a long way.

Fridrik Kristjansson
518.929.7482
fridrik006@hotmail.com
www.naileditbuilding.com

NAILED IT
Building & Construction

Dependable electrical services Residential & commercial electric

Our services include but are not limited to:

- Lightning control systems
- Specialty lighting
- Low voltage wiring
- Underground services & trenching
- Landscape lighting
- New construction & renovations

Craftmanship & pride
... down to the last detail.



(518) 398-0810

40 Myrtle Avenue, Pine Plains, NY
Berlinghoffelectrical.com

Service your generator this spring

Generator sales, installation,
servicing & repairs.

We service all brands of
generators including KOHLER,
Briggs & Stratton, Generac,
Ketolight, Winco, Siemens,
Honeywell, & GE.

Never be in the dark...



KOHLER
IN POWER. SINCE 1920.

Authorized Dealer

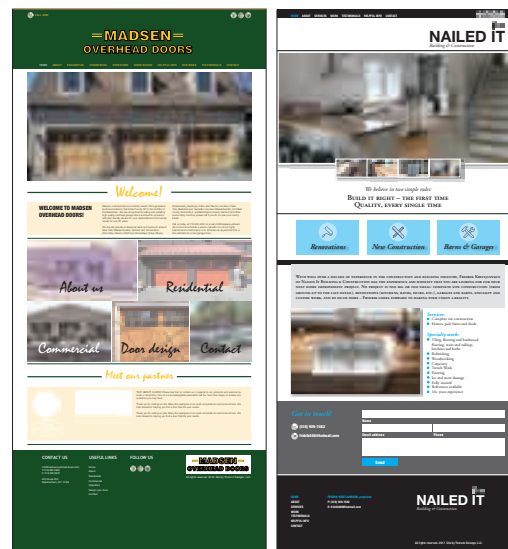
OnCue



Does your website need an update and a facelift?



Technology is constantly changing. This impacts a multitude of things in our lives and in our business, of which your website is most likely to be impacted. Due to these technological advances, your website can become antiquated overnight: it may not be up to date technologically in regards to Search Engine Optimization or its security features (making it an easy target for hackers), and its design can make it look dated. Of course you want a great looking site that showcases your business at its best ability, but you also need a website that is secure and works on all devices. We can help.



SERVICES:

Graphic Design | Branding | Identity Systems | Print
Websites | Environmental Graphics | Apparel | Marketing
Hosting & SEO | Social Media | Photography

518.592.1135 | thorunn@thorunndesigns.com | www.thorunndesigns.com | 52 Main Street, Millerton, NY

e-Pay

safe • simple • secure

Download the
Salisbury Bank
Mobile App from
your App Store or at
salisburybank.com

Available for iPhone,
Android and Kindle



it's better to be mobile

because right now can't wait...

...**You can** control the date and amount of your payment with e-Pay.



SALISBURY BANK | enriching

Connecticut
860.435.9801

Massachusetts
413.528.1201

New York
845.877.9850

salisburybank.com

Help Us Complete the Community Puzzle

Show a Teller Your App!

Every mobile app downloaded helps add another puzzle piece to reveal the area non-profit that will receive a donation. *Visit your branch for details*

